GRAPEVINE
VISITACION·VALLEY

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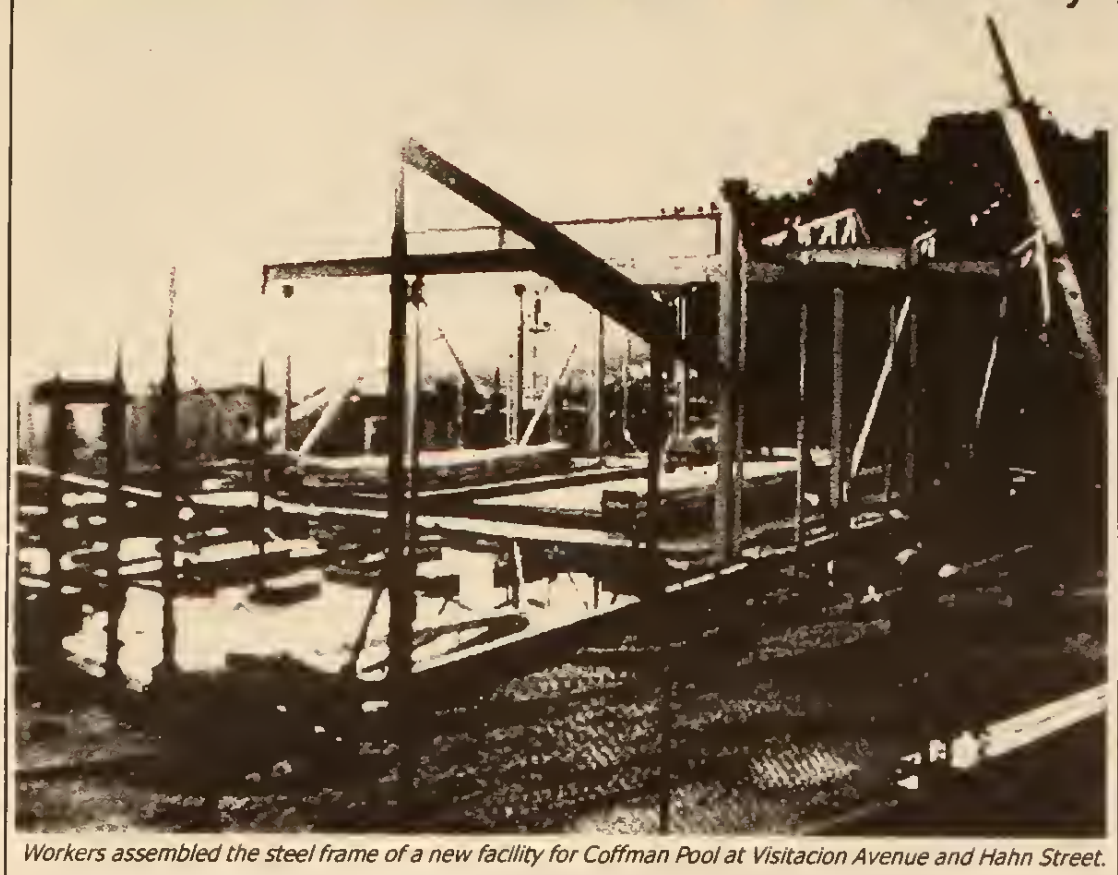
Construction Continues on New Coffman Pool Facility



Workers assembled the steel frame of a new facility for Coffman Pool at Visitacion Avenue and Hahn Street.

Construction continues on a new facility for Coffman Pool, located at 1700 Visitacion Ave. (at Hahn Street) and slated for completion early next year.

Budgeted for just under $8 million, the new structure will include an entry lobby, reception area, public restrooms, locker rooms, a family changing room, staff and support spaces, and a outdoor patio.

A conceptual plan developed four years ago with input from users and community members called for the construction of a new building to replace the existing one. Although the existing pool shell and pool mechanical room were assessed to be in sound condition, both are being updated.

Comprising of 10,000 square-feet, the 100 by 40-foot Coffman Pool was originaally constructed in 1957 and opened to the public on Nov. 15, 1958 within the Herz Playground at the southeastern entrance of McLaren Park.

Energy Watch Program to Give Rebates To Residents and Small Businesses

Mayor Newsom on Feb. 6 announced that the Department of the Environment (SF Environment), in partnership with Pacific Gas and Electric (PG&E), has entered into a contract to fund the Energy Watch Program – an effort to deliver savings and energy efficiency education to residential and commercial energy consumers in San Francisco. Running through 2008, the program will help the city to save millions and combat climate change.

The Department of the Environment will partner with independent contractors to provide small businesses and multi-family residential buildings in all San Francisco neighborhoods with free on-site assessments of energy savings.

This will include: cost effective direct installation of energy efficient lighting, refrigeration, heating, and air conditioning systems. In addition, the program will offer options for natural gas use reduction, incentive programs, training, education, and technical assistance for small businesses and residential customers.

"Energy efficiency is a top priority for meeting San Francisco's environmental goals," said Mayor Newsom. "I am proud that our city supports and continues to develop innovative ways to reduce consumption and improve standards for the health, well being and future of San Francisco."

The program is designed to reduce residential and non-residential electricity consumption by 43 million kilowatt hours, and reduce natural gas consumption in multi-family residences by 335 thousand therms, equating to an estimated savings of more than $6,500,000 in energy bills yearly.

The program is funded through the Public Goods Charge, a fee charged monthly by the California Public Utilities Commission (CPUC) for energy efficiency and renewable energy projects, which is administered locally by PG&E. The Department of the Environment will perform all the services for businesses and residents, and then be reimbursed by PG&E.

The CPUC has budgeted a total of $11,538,953 for the program, with $10,700,000 to underwrite all the services that the Department of the Environment will perform. The remainder of the funds will be used to underwrite PG&E's programs, which are targeted towards mid-sized businesses.

"With a shared commitment to making this the greenest city in the nation, we're thrilled to partner with San Francisco on the Energy Watch Program," said Helen Burt, senior vice president of customer care at PG&E. "We look forward to partnering with San Francisco to help our customers develop innovative energy efficiency programs that reduce energy use and combat climate change."

Under the Energy Watch Program, the Department of the Environment will act as an energy service provider to customers by identifying the full range of potential energy upgrades to their property. Customers can take advantage of affordable incentive measures right now, while remaining eligible for further upgrades during the course of the program.

This comprehensive approach will help customers save money and energy, increase their knowledge of conservation techniques, and reduce marketing costs by allowing the Department of the Environment to maintain contact after the initial response.

The Energy Watch program also brings San Francisco closer to its goal of becoming the nation's greenest city by reducing its greenhouse gas emissions.

In 2004, Mayor Newsom announced his Climate Action Plan, which commits the city to reducing greenhouse gas emission levels by 20 percent below 1990 levels by the year 2012, and outlines next steps in key target areas including transportation, energy efficiency, renewable energy, and solid waste management. San Francisco has already started working towards these goals by implementing one of the largest alternative fuel fleets in the nation, including electric, hybrid, compressed natural gas and biodiesel vehicles.

For more information about signing up for the program, businesses and owners of multi-family buildings can call the Power Watch Hotline at: (415) 355-3769.

New Civil Service Reform Will Streamline San Francisco Hiring Process

San Francisco's Department of Human Resources on Feb. 9 unveiled new, state-of-the-art hiring capabilities intended to make the City's hiring process faster and more efficient.

The new program, a combined effort that includes a modernized City Employment Center, new job application and assessment software, more aggressive recruitment, and streamlined HR processes, are part of Mayor Gavin Newsom's Civil Service Reform initiative that calls for greater efficiencies in the City's personnel programs.

The new Employment Center, located at the Department of Human Resources headquarters at 44 Gough St., contains computer kiosks linked to job announcements and online applications. Users can apply for jobs online and City human resources professionals can review applicant qualifications in real time.

Whereas previously, the average time it took to hire a permanent city employee was 6-9 months, this new system is expected to reduce that time by half, making the City more competitive and attractive to the most qualified candidates.

"As the baby boom generation retires and the available workforce shrinks, the City had to ensure that our century old personnel system is an asset in our ability to attract and retain a talented and diverse workforce," said Mayor Newsom. "Through Civil Service Reforms such as the suite of smart hiring practices announced today, city government can achieve greater efficiency and productivity."

"I'm particularly excited about these hiring reforms because they move the City's human resources systems from paper-based silos to dynamic, information sharing technological solutions," said Ted Yamasaki, Acting Director of the Department of Human Resources. "That improves the quality of the hiring experience for both the job applicant and the human resources professional."

The Civil Service Reform Report was issued in 2005 by the Department of Human Resources in response to Mayor Newsom's call to reform the City's personnel system that was characterized by bureaucratic and outmoded practices.

The report made 46 recommendations across four areas: employee hiring; employee performance and investment; separation; and governance. To date, 35 of the 46 recommendations have been implemented or are in-progress.

In addition to the hiring changes, some highlights of Civil Service Reform include: performance based promotion, streamlined job classifications, greater investment in employee training and professional development, fewer City labor contracts, mandatory annual performance evaluations, faster resolution of discipline and terminations, more focused succession planning, and the elimination of bumping for City managers.

For more information about Civil Service Reform or to read the report, visit the Department of Human Resources website at www.sfgov.org/dhr and click on *Civil Service Reform*. To learn about job openings with the City and County of San Francisco, visit www.sfgov.org/jobs.

Supervisors Urge Library Commission To Open All Branches for Sunday Hours

The S.F. Board of Supervisors recently voted unanimously to urge the Library Commission to establish permanent Sunday service hours throughout the neighborhood branch library system.

The resolution aso urged the Commission to add the Sunday hours "on an equitable basis" if sufficient funding were not available toopen all branches on Sunday.

Only seven of 27 branch libraries in the San Francisco Public Library (SFPL) system are currently open on Sunday.

Visitacion Valley Branch Library, located at 45 Leland Ave., is currently closed on Suhday and Monday, open only 31 hours the rest of the week.

Last year the San Francisco Board of Supervisors allotted SFPL an additional $480,000 to expand Sunday hours.

Qualifying Consumers Urged to Join PUC's Low Income Phone Program

California State Assemblywoman Fiona Ma (D-San Francisco) and Commissioner Rachelle Chong of the California Public Utilities Commission (PUC) recently joined forces to raise awareness of the PUC's low-income telephone program and recent changes to the program.

There are approximately 3.5 million customers enrolled in California's low-income program, now known as California LifeLine, which provides discounted telephone service to qualifying low-income consumers. This program was formerly known as Universal Lifeline Telephone Service or ULTS.

"It's important that lower income consumers, as well as the elderly and disabled, know that there are state programs available to assist them with their telephone bills," said Assemblywoman Ma.

Every year, consumers who are enrolled in Californla LifeLine must show the PUC that they are eligible to remain on the program. This recertification process used to be done by the telephone companies, but as of July 2006 that task was assigned to a third-party company. As a result of this change, many consumers were confused about how to show their continuing eligibility for the program and some consumers were removed from the program.

Because of this confusion, on Nov.9, 2006, the Commission temporarily suspended the recertification process for up to six months to allow for time to correct the problem.

Consumers who were removed from California LifeLine because they did not turn in their eligibility forms or did not return the forms on time are being placed back on California LifeLine service and their bills credited accordingly.

The PUC is also working to correct any problems for new customers that may be eligible for California Lifeline when they sign up for service. In addition, the PUC is working with telephone carriers and its third-party company to improve outreach materials and customer enrollment.

S.F. Plan Would Ban Old Fluorescent Light Tubes in Commercial Buildings

Mayor Newsom recently announced that he has asked the City Attorney to draft legislation banning the use of old-style fluorescent tubes in San Francisco's commercial buildings.

The legislation seeks to employ every option the city has legally at hand to get inefficient fluorescent lights out of buildings and businesses throughout San Francisco, both new and existing.

The old fluorescent tubes, known as T-12's, were at one time the standard for energy efficient lighting. The lighting industry, however, has made significant technological advances over the past decade, and new mode fluorescent tubes are much more efficient, and save users energy and money.

While many businesses in the city have switched already to the slimmer, more efficient T-8 fluorescent tubes, the legislation's purpose is to make the changes universal in all of the city's commercial buildings.

"San Francisco has very aggressive greenhouse gas reduction goals," observed Mayor Newsom. "We have adopted the goal of getting to 20 percent below 1990 levels by 2012, and in order to succeed, we need to capture every energy efficiency measure we can, because efficiency translates directly to emissions reductions."

The Department of the Environment estimates that if the remaining T-12s in the city were replaced by the new T-8s, it would save enough energy to power 7,200 San Francisco residences. Emissions savings would total 16,500 tons of CO_2, the equivalent of taking 3,000 cars off the road.

The T-8 technology has been available for several years, and the Department of the Environment has offered programs to support energy efficient lighting retrofits for small businesses since 2001

The city's current Energy Watch program, a partnership with PG&E, will bring expertise and subsidies to help medium and small businesses enact a full range of potential energy upgrades, including replacing T-12s with T-8s.

Grapevine Mailbox

The Pledge of Allegiance

In light of the recent appeals court ruling in California, with respect to the Pledge of Allegiance, the following recollection from Senator John McCain is very appropriate:

As you may know, I spent five and one half years as a prisoner of war during the Vietnam War. In the early years of our imprisonment, the NVA kept us in solitary confinement or two or three to a cell. In 1971 the NVA moved us from these conditions of isolation into large rooms with as many as 30 to 40 men to a room.

This was, as you can imagine, a wonderful change and was a direct result of the efforts of millions of Americans on behalf of a few hundred POWs 10,000 miles from home.

One of the men who moved into my room was a young man named Mike Christian.

Mike came from a small town near Selma , Alabama He didn't wear a pair of shoes until he was 13 years old. At 17, he enlisted in the US Navy. He later earned a commission by going to Officer Training School Then he became a Naval Flight Officer and was shot down and captured in 1967. Mike had a keen and deep appreciation of the opportunities this country and our military provide for people who want to work and want to succeed.

As part of the change in treatment, the Vietnamese allowed some pr! isoners to receive packages from home. In some of these packages were handkerchiefs, scarves and other items of clothing.

Mike got himself a bamboo needle. Over a period of a couple of months, he created an American flag and sewed on the inside of his shirt.

Every afternoon, before we had a bowl of soup, we would hang Mike's shirt on the wall of the cell and say the Pledge of Allegiance.

I know the Pledge of Allegiance may not seem the most important part of our day now, but I can assure you that in that stark cell it was indeed the most important and meaningful event.

One day the Vietnamese searched our cell, as they did periodically, and discovered Mike's shirt with the flag sewn inside, and removed it.

That evening they returned, opened the door of the cell, and for the benefit of all of us, beat Mike Christian severely for the next couple of hours Then, they opened the door of the cell and threw him in. We cleaned him up as well as we could.

The cell in which we lived had a concrete slab in the middle on which we slept Four naked light bulbs hung in each corner of the room.

As I said, we tried to clean up Mike as well as we could. After the excitement died down, I looked in the corner of the room, and sitting there beneath that dim light bulb with a piece of red cloth, another shirt and his bamboo needle, was my friend, Mike Christian. He was sitting there with his eyes almost shut from the beating he had received, making another American flag. He was not making the flag because it made Mike Christian feel better. He was making that flag because he knew how important it was to us to be able to Pledge our allegiance to our flag and country.

So the next time you say the Pledge of Allegiance, you must never forget the sacrifice and courage that thousands of Americans have made to build our nation and promote freedom around the world.

You must remember our duty, our honor, and our country.

"I pledge allegiance to the flag of the United States of America and to the republic for which it stands, one nation under God, indivisible, with liberty and justice for all."

He Wants to be Illegal

The following letter was sent to Senator Tom Harkin of Iowa.

Dear Senator Harkin:

As a native Iowan and excellent customer of the Internal Revenue Service, I am writing to ask for your assistance. I have contacted the Department of Homeland Security in an effort to determine the process for becoming an illegal alien and they referred me to you.

My primary reason for wishing to change my status from U.S. Citizen to illegal alien stem from the bill which was recently passed by the Senate and for which you voted. If my understanding of this bill's provisions is accurate, as an illegal alien who has been in the United States for five years, all I need to do to become a citizen is to pay a $2,000 fine and income taxes for three of the last five years. I know a good deal when I see one and I am anxious to get the process started before everyone figures it out.

Simply put, those of us who have been here legally have had to pay taxes every year so I'm excited about the prospect of avoiding two years of taxes in return for paying a $2,000 fine. Is there any way that I can apply to be illegal retroactively? This would yield an excellent result for me and my family because we paid heavy taxes in 2004 and 2005.

Another benefit in gaining illegal status would be that my daughter would receive preferential treatment relative to her law school applications, as well as "in-state" tuition rates for many colleges throughout the United States for my son.

Lastly, I understand that illegal status would relieve me of the burden of renewing my driver's license and making those burdensome car insurance premiums. This is very important to me given that I still have college age children driving my car.

If you would provide me with an outline of the process to become illegal (retroactively if possible) and copies of the necessary forms, I would be most appreciative.

Thank you for your assistance.

Your Loyal Constituent,

Donald Simonson

Practical Questions And Unsolicited Advice

For those who love the philosophy of hypocrisy and ambiguity:

*Don't sweat the petty things and don't pet the sweaty things.

*One tequila, two tequila, three tequila, floor.

*Atheism is a non-prophet organization.

*If man evolved from monkeys and apes, why do we still have monkeys and apes?

*I went to a bookstore and asked the saleswoman, "Where's the self-help section?" She said if she told me, it would defeat the purpose.

*What if there were no hypothetical questions?

*Is there another word for synonym?

*Where do forest rangers go to "get away from it all?"

*What do you do when you see an endangered animal eating an endangered plant?

*If a parsley farmer is sued, can they garnish his wages?

*Would a fly without wings be called a walk?

*Why do they lock gas station bathrooms? Are they afraid someone will clean them?

*If a turtle doesn't have a shell, is he homeless or naked?

*Can vegetarians eat animal crackers?

*If the police arrest a mime, do they tell him he has the right to start speaking?

*Why do they put Braille on the drive-through bank machines?

*What was the best thing before sliced bread?

*One nice thing about egotists: they don't talk about other people.

*How is it possible to have a civil war?

*If one synchronized swimmer drowns, do the rest drown, too?

*If you ate both pasta and antipasto, would you still be hungry?

*If you try to fail, and succeed, which have you done?

*Whose cruel idea was it for the word "Lisp" to have "S" in it?

*Why is there an expiration date on sour cream?

Murphy's Lesser Known Laws

*Light travels faster than sound. This is why some people appear bright until you hear them speak.

*Change is inevitable, except from a vending machine.

*Those who live by the sword get shot by those who don't.

*Nothing is foolproof to a sufficiently talented fool.

*The 50-50-90 rule: Anytime you have a 50-50 chance of getting something right, there's a 90% probability you'll get it wrong.

*If you lined up all the cars in the world end to end, someone would be stupid enough to try to pass them, five or six at a time, on a hill, in the fog.

*The things that come to those who wait will be the scraggly junk left by those who got there first.

*The shin bone is a device for finding furniture in a dark room.

*A fine is a tax for doing wrong. A tax is a fine for doing well.

*When you go into court, you are putting yourself into the hands of 12 people who weren't smart enough to get out of jury duty.

Facts of Life Revisied

*Attending a wedding for the first time, a little girl whispered to her mother, "Why is the bride dressed in white?" "Because white is the color of happiness, and today is the happiest day of her life." The child thought about this for a moment, then said, "So why is the groom wearing black?"

*Three boys are in the school yard bragging about their fathers. The first boy says, "My Dad scribbles a few words on a piece of paper, he calls it a poem, they give him $50. The second boy says, "That's nothing. My Dad scribbles a few words on a piece of paper, he calls it a song, they give him $100." The third boy says, "I got you both beat. My Dad scribbles a few words on a piece of paper, he calls it a sermon, and it takes eight people to collect all the money!"

*An elderly woman died last month. Having never married, she requested no male pallbearers. In her handwritten instructions for her memorial service, she wrote, "They wouldn't take me out while I was alive, I don't want them to take me out when I'm dead."

*Two boys were walking home from Sunday school after hearing a strong preaching on the devil. One said to the other, "What do you think about all this Satan stuff?" The other boy replied, "Well, you know how Santa Claus turned out. It's probably just your Dad.

*You don't stop laughing because you grow old. You grow old because you stop laughing!

I Believe...

I believe:

*That it's taking me a long time to become the person I want to be.

*That just because two people argue, it doesn't mean they don't love each other. And just because they don't argue, it doesn't mean they do.

*That we don't have to change friends if we understand that friends change. Remember that!

*That no matter how good a friend is, they're going to hurt you every once in a while and you must forgive them for that. Even if you think you can't.

*That true friendship continues to grow, even over the longest distance. Same goes for true love.

*That you can do something in an instant that will give you heartache for life.

*That you should always leave loved ones with loving words. It may be the last time you see them.

*That you can keep going long after you think you can't.

*That we are responsible for what we do, no matter how we feel.

*That either you control your attitude or it controls you.

*That heroes are the people who do what has to be done when it needs to be done, regardless of the consequences.

*That money is a lousy way of keeping score.

*That my best friend and I can do anything or nothing and have the best time.

*That sometimes the people you expect to kick you when you're down, will be the ones to help you get back up.

*That sometimes when I'm angry I have the right to be angry, but that doesn't give me the right to be cruel.

*That maturity has more to do with what types of experiences you've had and what you've learned from them and less to do with how many birthdays you've celebrated.

*That it isn't always enough to be forgiven by others. Sometimes you have to learn to forgive yourself.

*That no matter how bad your heart is broken the world doesn't stop for your grief.

*That our background and circumstances may have influenced who we are, but we are responsible for who we become.

*That you shouldn't be so eager to find out a secret. It could change your life forever.

*Two people can look at the exact same thing and see something totally different.

*That your life can be changed in a matter of hours by people who don't even know you or by people that you don't even know.

*That even when you think you have no more to give, when a friend cries out to you - you will find the strength to help.

*That credentials on the wall do not make you a decent human being.

Those Born 1930-1979

To all the kids who survived the 1930s, '40s, '50s, '60s and '70s:

*We took aspirin, ate blue cheese dressing, tuna from a can, and didn't get tested for diabetes.

*Then after that trauma, we were put to sleep on our tummies in baby cribs covered with bright colored lead-based paints.

*We had no childproof lids on medicine bottles, doors or cabinets and when weRode our bikes, we had no helmets, not to mention, the risks we took hitchhiking.

*As infants and children, we would ride in cars with no car seats, booster seats, seat belts or air bags.

*Riding in the back of a pick up on a warm day was always a special treat.

*We drank water from the garden hose and not from a bottle.

*We shared one soft drink with four friends, from one bottle and np one actually died from this.

*We ate cupcakes, white bread and real butter and drank Koolade made with sugar, but we weren't overweight because we were always outside playing,

*We would leave home in the morning and play all day, as long as we were back when the streetlights came on.

*No one was able to reach us all day, and we were okay.

*We would spend hours building our go-carts out of scraps and then ride down the hill, only to find out we forgot the brakes. After running into the bushes a few times, we learned to solve the problem.

*We did not have Playstations, Nintendo's, X-Boxes; no vidco games at all, no 150 channels on cable, no video movies or DVDs, no surround-sound or CDs, no cell phones, no personal computers, no Internet or chat rooms. We had friends and we went outside and found them!

*We fell out of trees, got cut, broke bones and teeth and there were no Lawsuits from these accidents.

*We ate worms and mud pies made from dirt, and the worms did not live in us forever.

*We rode bikes or walked to a friend's house and knocked on the door or rang the bell, or just walked in and talked to them!

*Little League had tryouts and not everyone made the team. Those who didn't had to learn to deal with disappointment. Imagine that!

How Stress Can Affect the Body and Mind

Stress matters. At least that's what health research tells us. Recent studies have shown that stress can affect your body and mind-and not in a good way.

Our bodies evolved to be finely attuned to a predator's attack. When we sense danger, our bodies quickly release hormones into our bloodstream that increase our heart rate, focus our attention and cause other changes to quickly prepare us for coming danger. Stress was-and still is-crucial to our survival.

The type of stress we're adapted to deal with, however, is the short, intense kind-like fearing a bear will make a lunch of us. The stresses of modern life-like money trouble, difficulties at work or bad traffic-may not be as extreme, but we often have little time between periods of stress to recuperate. The chronic stress can eventually take both a mental and physical toll.

It's long been known that blood pressure and cholesterol levels go up in people who are stressed. Studies have now linked chronic stress with cardiovascular problems like hypertension, coronary heart disease and stroke.

The immune system is also affected by stress. When your immune cells are bathed in high levels of stress hormones, they get tuned down. People under a lot of stress, like caregivers of people with Alzheimer's disease, are more likely to get the flu or a cold.

Chronic stress affects the brain, too. Brain cells bombarded by stress signals eventually start to shrink and cut connections to other brain cells. The network that coordinates our thoughts, emotions and reactions starts to rearrange.

You can take several steps to help you cope better with stress. First, get enough sleep. Sleep deprivation throws your stress hormones off balance.

Develop a network of people you can talk to when life gets difficult. People who have larger social networks live longer.

Keep yourself healthy and fit so your body's better able to deal with stress. Exercise regularly, eat a healthy diet, don't smoke and don't drink to excess.

Adapted from NIH News in Health, a publication of the National Institutes of Health . **NAPS**

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Timing is Everything During Heart Attack

by Douglas W. Laube, MD, MEd

We are encouraged to eat a heart healthy diet, manage medical conditions such as high cholesterol and diabetes, and exercise to reduce the risk of developing cardiovascular disease (CVD). However, one in three American adults already has CVD and is at risk for heart attack and stroke. CVD kills an American every 35 seconds and is the leading cause of death in women over age 25.

Suffering a cardiac event is not a sure death sentence, but time is of the essence. The sooner victims receive medical attention, the better their chances for a life-saving intervention. Some medications and therapies can even help stop a heart attack or stroke in progress. To be most effective, these therapies should be administered within one hour of the onset of symptoms.

Heart attack and stroke traditionally were thought to be more of a man's problem, and public awareness campaigns focused on recognizing symptoms in men. Now we know that women account for more than half of the annual fatalities from heart attack and stroke and that their warning signs may be more subtle or differ completely from those in men. Women, for example, are more likely to experience nausea and dizziness than men are; men more often feel pain in the center of the chest. Lack of familiarity with these different symptoms may be why about one-third of heart attacks in women go unnoticed or unreported.

The American Heart Association advises that you call 911 immediately if you experience or witness someone else experiencing these warning signs of heart attack and stroke:

Signs of Heart Attack in Women

*Sudden, uncomfortable pressure, fullness, squeezing, or pain, usually in the center of the chest that lasts for more than five minutes.

*Pain in the chest that radiates out to the shoulders, back, neck, jaw, stomach, or one or both arms.

*Shortness of breath.

*Lightheadedness, fainting, sweating, nausea, and vomiting.

Signs of Stroke in Women

*Sudden numbness or weakness of the face, arm, or leg, especially on one side of the body.

*Sudden trouble seeing in one or both eyes.

*Sudden confusion, trouble speaking or understanding.

*Sudden trouble walking, dizziness, loss of balance or coordination.

*Sudden, severe headache with no known cause.

Douglas W Laube, MD, MEd is president of the American College of Obstetricians and Gynecologists.

An Ode to Tax

Tax his land,
Tax his bed,
Tax the table
At which he's fed.
Tax his tractor,
Tax his mule,
Teach him taxes
Are the rule.
Tax his cow,
Tax his goat,
Tax his pants,
Tax his coat.
Tax his ties,
Tax his shirt,
Tax his work,
Tax his dirt.
Tax his tobacco,
Tax his drink,
Tax him if he
Tries to think.
Tax his cigars,
Tax his beers,
If he cries, then
Tax his tears.
Tax his car,
Tax his gas,
Find other ways
To tax all he has.
When that's done
Then let him know
That you won't be done.
Till he has no dough.
When he scrimps and hollers,
Then tax him some more,
Tax him 'til
He's good and sore.
Then tax his coffin,
Tax his grave,
Tax the sod in
Which he's laid.
Put these words
upon his tomb,
"Taxes drove me
to my doom..."
When he's gone,
Do not relax,
It's time to apply
The inheritance tax.

Six Important Steps To a Great Resume

by Darlene Zambruski

A resume has one purpose-to market your skills, achievements, academic history and future potential to a prospective employer. A powerful and effective resume should provide key information quickly, differentiate you from all other candidates and be attractively packaged. To produce a resume with punch, follow these six steps for success:

1. Focus on your goal and audience. You must have a clear idea of what you want to accomplish. The more closely your resume content matches the stated job qualifications, the more likely you will be asked to interview.

2. Format for maximum impact. Your resume must be aesthetically appealing to a hiring manager. Templates should be easy to navigate, and you should always use conservative fonts. Avoid using bold text or italics. They are difficult to read and project a lack of professionalism. Avoid block after block of uninterrupted text and use "white space" wisely.

3. Summarize your qualifications. Open your resume with a well-written qualifications summary and/or skill set that showcases your expertise as it pertains to your job search. Provide specific examples of what you can do, quantify accomplishments, indicate past performance results and list promotions to positions of increased responsibility.

4. Quantify your accomplishments. The candidate who contributed the most in past positions gets the job. Specific accomplishments are what separate you from other equally qualified candidates, with one caveat: Your accomplishments must be quantified-that means they need to include measurements such as dollar figures, percentages and time periods.

5. Highlight your professional experience. In the professional experience section, list employers, job titles, and dates of employment in reverse-chronological order. It is best to use a bulleted format to break up large blocks of text and delete unnecessary articles and adjectives. Begin each sentence with an action verb to quicken the pace of your resume and make the text more enjoyable to read.

6. Present your education and training. If you are an entry-level candidate, your academic credentials should be presented first with appropriate details (e.g., GPA, awards/scholarships). As a professional with five or more years of experience, your education should be listed last on your resume without the academic details.

For more great tips and sample resumes, visit www.resumeedge.com.

Darlene Zambruski is the Managing Editor of ResumeEdge.com. **NAPS**

Getting a Speedy Telephone Tax Refund

The Internal Revenue Service recently offered taxpayers tips for requesting the telephone excise tax refund, after early tax returns show some people are making basic mistakes, others are requesting excessive refunds and many are missing out on the refunds, altogether.

"We encourage taxpayers to take a few minutes and review the details of the telephone-tax refund," said IRS Commissioner Mark W. Everson. "A little extra time will reduce the chance for a mistake, avoid a refund delay and possibly add a few dollars onto refund checks."

The government stopped collecting the long-distance excise tax last August after several federal court decisions held that the tax does not apply to long-distance service as it is billed today.

Federal officials also authorized a one-time refund of the federal excise tax collected on service billed during the previous 41 months, stretching from the beginning of March 2003 to the end of July 2006. The tax continues to apply to local-only phone service.

Early mistakes found on a sample of 2006 returns filed during January include:

*Filling out the Form 1040EZ-T, Request for Refund of Federal Telephone Excise Tax, incorrectly by failing to show a refund amount on Line 1a. Designed exclusively for requesting the telephone-tax refund, this simple form is for people who don't need to file a regular income-tax return. Filing an incomplete form typically delays a refund and often leads to follow-up correspondence with the IRS. More than 10 million low-income people, many of them senior citizens, are expected to file this form.

*Failing to request the telephone tax refund on a regular federal income-tax return in situations where the taxpayer appears to qualify. More than one-third of early filers did not request the telephone tax refund. This includes filers on Forms 1040, 1040A, 1040EZ, 1040NR and 1040NR-EZ. About 136 million individuals and couples are expected to file one of these forms, and most will, likely, qualify for the telephone-tax refund. Anyone who files one of these forms cannot file Form 1040EZ-T.

*Filing duplicate requests. Usually, this involves filing both Form 1040EZ-T and a regular income-tax return. Anyone who files a regular return cannot file Form 1040EZ-T. Doing so will delay any refund for months and result in a phone call or letter from the IRS.

*Requesting a refund that appears to be based on the entire amount of the taxpayer's phone bills, rather than just the three-percent tax on long-distance and bundled service.

*Requesting a refund in the thousands of dollars, suggesting that the taxpayer paid more for telephone service than they received in income.

EarthTalk

Cars Safe for Environment

Dear EarthTalk: What are the most environmentally friendly and highest mileage cars on the market today? Also, are the batteries in hybrid cars recyclable?-Shiela Gosselin, via e-mail

According to the American Council for an Energy-Efficient Economy's (ACEEE) Green Book, an annual environmental rating of the best and worst cars, Honda and Toyota models led the pack as the world's "greenest" automobiles for 2006. Not surprisingly, top honors went to a hybrid gasoline-electric vehicle, Honda's Insight, which pairs an efficient electric motor with a gasoline engine to save gas and minimize emissions. Unfortunately, the Insight, launched in 1999, will soon be discontinued due to declining sales.

To determine a car's rankings, in addition to fuel efficiency ACEEE factors in the pollution generated by a given vehicle based on U.S. Environmental Protection Agency (EPA) emissions ratings. While the Insight does not have as clean an exhaust rating as Toyota's hybrid Prius, it has slightly better highway mileage (56 versus 51 miles per gallon), making it the overall winner. Other top green models on ACEEE's list include various versions of Honda's Civic (particularly its natural gas version) and Toyota's Corolla and Matrix. The Hyundai Accent, Kia Rio, Mazda 3, Chevrolet Cobalt and Saturn Ion also placed well.

Regarding batteries, hybrid advocates insist that the nickel-metal hydride batteries found in the Toyota Prius, Honda Insight and other hybrids contain far fewer pollutants than the lead-acid types present in traditional gas-powered cars. Furthermore, carmakers are keen to keep such batteries out of landfills, with Toyota even offering to buy back spent hybrid batteries for $200 so it can recycle them.

According to Toyota: "Every part of the battery, from the precious metals to the plastic, plates, steel case and the wiring, is recycled." Meanwhile, Bradley Berman of the website, HybridCars.com, reports that, "Honda collects the battery and transfers it to a preferred recycler to follow their prescribed process: disassembling and sorting the materials; shredding the plastics; recovering and processing the metal; and neutralizing the alkaline material before sending it to a landfill." Automakers are scrambling to create smaller, more efficient and less toxic batteries for hybrids and other vehicles, Berman reports.

Another option for green consumers is a diesel car that runs on biodiesel, a fuel derived from renewable crops (and which works seamlessly in most diesel engines). AutoWeek magazine reports that a biodiesel-powered Volkswagen Jetta TDI has the best overall fuel economy of any new car on the road today under "real-world driving conditions" (which include, among other things, traffic congestion, use of air conditioning and high speeds). In AutoWeek's test-drive comparison, the Jetta TDI achieved nearly 50 miles per gallon using B20 biodiesel (two parts vegetable oil, eight parts regular diesel), edging out even Toyota's Prius, which only scored 42 mpg using gasoline.

The EPA is revising its own testing procedures for the 2007 model year to try to get more in line with real world driving conditions. As a result, fuel economies displayed on window stickers will change. Some cars, especially smaller vehicles and hybrids, will lose as much as 12 percent in their ratings.

Contacts: ACEEE's Green Book Online; AutoWeek Magazine's "Are We There Yet?"; hybridCars.com.

Dear EarthTalk: Is it true that rainforests contain perhaps thousands of plants and herbs with medicinal properties? -E. Wolfson, Brooklyn, NY

Tropical rainforests, which account for only seven percent of the world's total land mass, harbor as much as half of all known varieties of plants. Experts say that just a four-square mile area of rainforest may contain as many as 1,500 different types of flowering plants and 750 species of trees, all which have evolved specialized survival mechanisms over the millennia that mankind is just starting to learn how to appropriate for its own purposes.

Scattered pockets of native peoples around the world have known about the healing properties of rainforest plants for centuries and perhaps longer. But only since World War II has the modern world begun to take notice, and scores of drug companies today work in tandem with conservationists, native groups and various governments to find, catalog and synthesize rainforest plants for their medicinal value.

Some 120 prescription drugs sold worldwide today are derived directly from rainforest plants. And according to the U.S. National Cancer Institute, more than two-thirds of all medicines found to have cancer-fighting properties come from rainforest plants. Examples abound. Ingredients obtained and synthesized from a now-extinct periwinkle plant found only in Madagascar (until de-forestation wiped it out) have increased the chances of survival for children with leukemia from 20 to 80 percent.

Some of the compounds in rainforest plants are also used to treat malaria, heart disease, bronchitis, hypertension, rheumatism, diabetes, muscle tension, arthritis, glaucoma, dysentery and tuberculosis, among other health problems. And many commercially available anesthetics, enzymes, hormones, laxatives, cough mixtures, antibiotics and antiseptics are also derived from rainforest plants and herbs.

Despite these success stories, less than one percent of the plants in the world's tropical rainforests have as yet even been tested for their medicinal properties. Environmentalists and health care advocates alike are keen to protect the world's remaining rainforests as storehouses for the medicines of the future.

But saving tropical rainforests is no easy task, as poverty-stricken native people try to eke out a living off the lands and many governments throughout the world's equatorial regions, out of economic desperation as well as greed, allow destructive cattle ranching, farming and logging. As rainforest turns to farm, ranch and clear-cut, some 137 rainforest-dwelling species—plants and animals alike—go extinct every single day, according to noted Harvard biologist Edward O. Wilson. Conservationists worry that as rainforest species disappear, so will many possible cures for life-threatening diseases.

Readers can do their part to help save rainforests around the world by following and supporting the work of such organizations as Rainforest Alliance, Rainforest Action Network, Conservation International and The Nature Conservancy, and by clicking special links on websites like The Rainforest Site, Red Jellyfish and Care2, which contribute funds to organizations working on the ground to preserve rainforest land.

Contacts: Rainforest Action Network; Raintree Nutrition; Rainforest Alliance; The Rainforest Site; RedJellyFish; Care2's Race for the Rainforest.

Dear EarthTalk: I'm concerned about all the talk of using hydrogen for fuel. Isn't hydrogen what caused the Hindenburg blimp to explode back in the 1930s? -Doug, via e-mail

The explosion of the Hindenburg blimp in Lakehurst, New Jersey in 1937 killed 36 people and was one of the worst air disasters of the period, but hydrogen was probably not the culprit. Addison Bain, a National Aeronautics and Space Administration (NASA) researcher, investigated the Hindenburg crash in 1997. He concluded that, while the Hindenburg did use hydrogen for buoyancy, the cause of the accident was an electrostatic charge that ignited the blimp's highly flammable waterproof skin, made from a mixture of lacquer and metal-based paints that Bain likened to rocket fuel.

Others argue that a spark ignited hydrogen that was leaking from the ship. But witnesses described the fire as very colorful, whereas hydrogen burns without much of a visible flame. But whether or not hydrogen caused or simply contributed to the ensuing blaze, hydrogen is indeed flammable, and can burst into flames when it comes into contact with fire or another ignition source.

But gasoline, by far the most common automotive fuel in the world, is much more flammable than hydrogen. According to hydrogen proponent Daniel Emmett of Energy Independence Now, hydrogen is 14 times lighter than air and when it catches fire it disperses and extinguishes quickly. Gasoline, on the other hand, is heavier than air and stays flammable much longer. Many people don't realize, Emmet adds, that hydrogen has been used safely for decades in many industrial and aerospace applications.

Besides being less flammable than gasoline, hydrogen has many other benefits. It is nontoxic, which is more than can be said for any petroleum-based fuel. Furthermore, the processing (not combustion) of hydrogen in fuel cells produces no harmful pollutants and emits only pure, potable water as well as heat that can be recaptured for other uses. In contrast, the combustion of gasoline and other automotive fuels leads to acid rain, smog and global warming, among other environmental problems.

Despite its benefits, the widespread adoption of hydrogen as an automotive fuel is not yet close at hand. Techniques for producing, storing and transporting hydrogen have to be standardized, and costs reduced substantially. Some hydrogen proponents see a future where hydrogen will fuel vehicles at service stations, as is now done with gasoline; others see a future in which people fuel their cars at home from appliances that make hydrogen from electricity or, further down the road, from solar energy.

In 2003 the Bush administration committed $1.2 billion to a hydrogen initiative in order to "reverse America's growing dependence on foreign oil by accelerating the commercialization of hydrogen-powered fuel cells to power cars, trucks, homes and businesses with no pollution or greenhouse gases." Under the initiative, says the White House's "Hydrogen Economy Fact Sheet," "the first car driven by a child born today could be powered by fuel cells."

Contacts: "Hydrogen Exonerated in Hindenburg Disaster," National Hydrogen Association News; Energy Independence Now; White House "Hydrogen Economy Fact Sheet" Got an environmental question? Send it to: EarthTalk, c/o E/The Environmental Magazine, P.O. Box 5098, Westport, CT 06881; submit your question at: www.emagazine.com/earthtalk.html; or e-mail: earthtalk@emagazine.com.

Cooking Corner

Ham with Mango Glaze

(Prep time: 10 minutes, Cook time: 1 hour) 2 ripe mangos, peeled, pitted and cubed; 1/4 cup honey; 2 tablespoons fresh lemon juice; 1/4 teaspoon cinnamon; 1/4 teaspoon ground allspice; 1 boneless ham, about 3 lbs.

Preheat oven to 350°F. Place mangos, honey, lemon juice and spices in a blender or food processor; puree until smooth. Set aside 1/3 of the mixture for basting the ham during baking. (Place remaining glaze in serving dish to serve with ham.)

Score the surface of the ham in a diamond pattern with a sharp knife and place in a shallow baking dish. Brush with reserved basting portion of mango glaze.

Bake for 1 hour, basting with glaze frequently. Slice ham and serve with the remaining mango glaze. Makes 6 to 8 servings. NAPS

Book Review

Story of Filipino Man Who Immigrates to America

Ricardo Saclote Morada tells his life story, beginning when he first heard about the wonders of America in his Filipino village to experiencing the country for himself in his new memoir *So This is the Good Old United States of America: An Ordinary Man's Extraordinary Fifty Fantastic Years in America!* (AuthorHouse, $12.95).

Morada lived in the village of Palaca, in the town of Miagao in Iloilo, Philippines. He first learned about life in America from a former villager who left for America seeking "greener pastures," joined the U.S. Army and then returned to the village on vacation. Morada recalls hearing about all the beauty and splendor this villager found in the United States.

In 1947, Morada made the journey from the Philippines to San Francisco. He worked in the grape fields of Delano, Calif., learned food service in a number of resorts and restaurants and worked in the salmon industry of Alaska with other "Alaskeros." Alaskeros were Filipinos in California and Washington who went to Alaska for six months each year to work during the salmon season.

Morada then enrolled at the State College of Washington in Pullman. He joined a fraternity, was active in school activities and met many friends and beautiful women. He graduated with a bachelor's and a master's degree in police science and administration. He continued with post-graduate work and earned a master's degree in social work at the University of Washington in Seattle.

After college, Morada worked for the United States federal government as a senior field representative in President Kennedy's anti-poverty program. He continued with this job until the mid '70s, when funding was cut for the program.

During his years in America, Morada witnessed and tasted the American experience, including major social upheavals and the American value of reward for hard work. "The book tells the story of a man's adventure. A man who came from another country, lived and worked hard in America," he says. "(It) will appeal to all Americans, as the American people believe in the nobility of labor, industriousness and earning from the 'sweat of thy brow.'"

Morada and his wife, Lolita, reside in San Francisco and spend part of each year in his village in the Philippines where he built a summer home and manages their rice farm and fruit gardens. Morada has two children and three grandchildren. *So This is the Good Old United States of America* is his first book.

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Original Batmobile on Display at Reno Automobile Museum

The unique Batmobile, made famous in comics, on TV and in movies has left its Batcave and is in downtown Reno at the National Automobile Museum (The Harrah Collection) at 10 S. Lake St. in Reno.

Batman fans can win a ride in the unique Batmobile, made famous in comics, on TV and in movies at the National Automobile Museum, The Harrah Collection, in downtown Reno.

Drawings are being held the first week of April for the Batmobile rides, which are planned for Sat., Apr. 14 barring inclement weather or other considerations. Winners will be notified and will be able to have their picture taken with the Batmobile in addition to their ride.

ABC wanted to try something different in 1966. Since Superman had been a fairly popular show, producers decided to try another comic character to the TV lineup. Batman was selected. They added a campy feel to the Batman show so it would appeal to kids and adults – and it was an instant hit.

The original Batmobile was designed exclusively for the 1966 hit TV series Batman, staring Adam West and Burt Ward. Children and adults alike loved the campy "Bam!" "Pow!" "Zap" cartoon feel of the show and it had an almost "cult" following from the beginning. Since this was years before computer-generated special effects, many of the special features on the Batmobile had to be functional.

George Barris was hired to build the Batmobile for the TV show because of his previous success with the *Munster Koach* for the hit TV show *The Munsters*.

The creative staff working on Batman wanted something more futuristic and dynamic than the Batmobile of comic book fame. They wanted it to have plenty of spy gadgets, based on the popularity of the James Bond movies and TV spy shows such as The Man from U.N.C.L.E.

Producers wanted the Batmobile to be equipped with a "Bat Ray," radar, a nail spreader, a chain-cutting buzz saw that extended out of the front, a flame throwing turbine in the back and a whole lot more.

Since Barris only had a few weeks to create and deliver this specially equipped car, he used one of the Ford concept and experimental car models he bought for $250,000 and got to work. He selected a 1955 Lincoln-Mercury Futura, which had debuted in the New York Auto Show, and it became the foundation for the Batmobile. That car was transformed into one of the world's most famous cars today.

Following directions from the TV art department, Barris integrated several features into the design. Since this was years before computer generated special effects, many of the special features had to be functional.

The Batmobile weighed 5,500 pounds and had a completely hand-formed steel body, with a wheelbase of 129 inches. Its overall length is 206 inches and the top is 48 inches high.

A 429 Ford Full Race engine powered the Batmobile with Moon equipped, NitroOxide Thrust. The front-end design characteristic is the face of a bat with the hood scope extending down into the frontal area accentuating the nose. Right and left eyes extend into the ears with dual 450-watt laser beams installed in amber reflective lenses. A hood scoop follows the front area with a hydraulically operated steel chain and cable cutter blade.

Hidden behind the ears were functional headlights for every-day street driving. The grille cavity was the mouth of the bat with internal mounted rockets. Dual 84-inch rear bat fins were in line with bulletproof steel as added protection for Batman and Robin. Operable red reflective taillights were mounted in the rear of the bat fins. Four 6-inch flared eyebrow bulletproof wheel wells were formed and used as tire protectors. Ten-inch wide Rader wheels made of steel and power thrust alloy used traction grip Oval Firestone tires.

The Batmobile dash was equipped with many different Batman innovations, such as the Batscope that was hooked up with a revolving closed circuit antenna to bring the Batman full vision plus the Bateye switch for anti-theft control.

The antenna was for an information radio wave pickup of messages and computerized information from the Batcave with an electronic unit installed in the trunk. The rear upper panel had triple rocket tubes and an automatic theft control system with shooting colored fire rickets. The Batmobile boasts a 360-degree turning radius.

The Batmobile is on loan to the National Automobile Museum through July courtesy of the Joe Kaminkow family of Reno.

New Flower Shop on Leland Avenue

Oracle Tavio

Fresh flowers in Visitacion Valley are now at Joann's Flowers at 21 Leland Ave.

Preserving San Francisco's Natural Heritage

Greg Gaar, naturalist and historian, is passionate about the evolution of San Francisco's native landscape— and the preservation of it.

An advocate for open space, habitat restoration and the reintroduction of native plants to the City, he will describe San Francisco's emergence from dunes, prairies, lakes, prairies, creeks and tidal marshes at 7:30 p.m., Tuesday, Mar. 13 at St. John's Presbyterian Church, 25 Lake St. at Arguello

Sponsored by the San Francisco Museum and Historical Society, Gaar's 100-slide-show presentation will illuminate what still remains, and what people are doing to preserve SF's natural heritage.

A lifelong history buff, Gaar, a SF native, has thousands of historical San Francisco photographs he has collected since childhood. He is co-author with Ryder W. Miller of *San Francisco: A Natural History*.

The nonprofit SFMHS plans to restore the Old Mint at Fifth and Mission streets into a permanent 33,000 square-foot museum. The $86 million renovation and adaptive reuse project will create a history museum, a separate museum on American money and the story of the Old Mint, a new home for the San Francisco Visitors Center, and retail stores along Jesse Street adjacent to a new pedestrian space: Mint Plaza.

Central Subway Plan Gets a Strong Score from the FTA

As part of the President's FY2008 federal budget, the Federal Transit Administration (FTA) on Feb. 6 announced its annual ratings for projects currently in line to compete for federal New Starts funds, including Phase 2 of SFMTA's Third Street Light Rail program, the Central Subway.

The project received a positive review with a "medium-high" project justification rating and "medium" overall project rating. The project also received a "medium-high" rating for mobility improvements and a "high" rating for land use benefits.

San Francisco's Central Subway project is one of only 15 nationwide currently approved by the FTA for preliminary engineering.

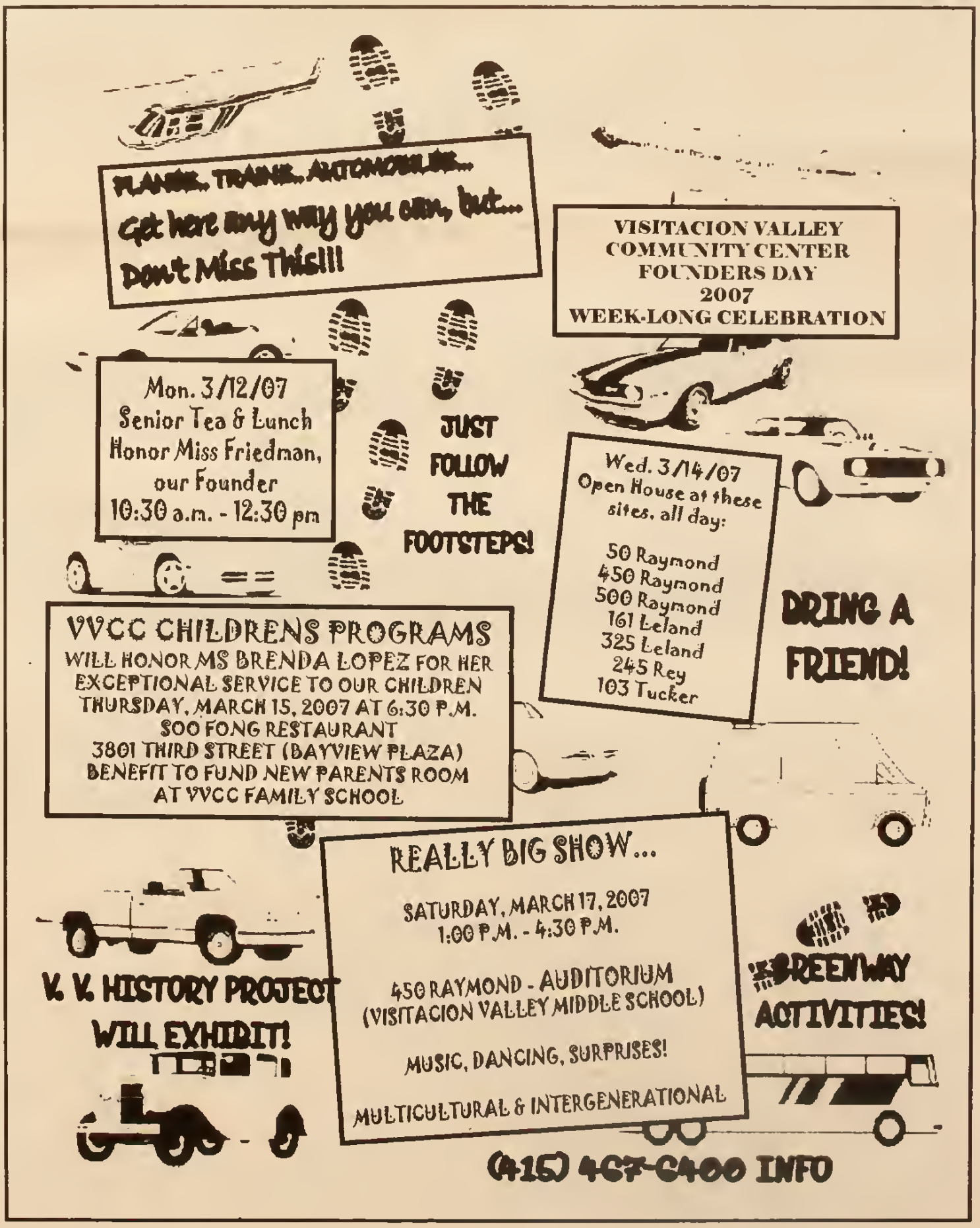
Projects are rated against a number of measures which reflect the project justification and local financial commitment criteria established under federal law.

The Central Subway will extend light rail service in a subway under the South of Market, Union Square and Chinatown neighborhoods.

It will operate as an extension of the Third Street light rail line, which will open for full service in April.

The Central Subway has received $45 million in New Starts federal funding to date for preliminary engineering activities. The project is scheduled to open in 2016.

The two-phase Third Street program will unite the City's established civic, business, retail, and cultural centers with the diverse communities along the light rail line, support the revitalization and economic development of communities in the Third Street corridor, and provide access to the Mission Bay development, including the new University of California campus that is now under construction at Mission Bay.



Joe Leland around the neighborhood

*A New Library NOW!: It's been nearly seven years since San Francisco voters passed the Library Improvement Bond and still Vis Valley does not have its promised new branch library. The longer we wait the greater the funding gap grows. Several concerned residents have come up with a creative solution. Reuse the existing building at 201 Leland instead of tearing it down. The community will get a bigger building that would be cheaper and faster to complete. The best thing about this concept is that reuse would be the most environmentally friendly option imaginable. Stay tuned.

*Schlage Lock Saga: The ongoing saga of Schlage Lock continues. The two primary property owners, Ingersoll Rand (IR) and Universal Paragon Corporation (UPC) have begun a dialogue to study the feasibility of UPC acquiring the IR portion of the site as part of a negotiated settlement regarding the soil contamination and cleanup liability. This is a very preliminary discussion by both parties and in no way should be considered the only option for moving the site toward cleanup and redevelopment. These discussions will be ongoing throughout the summer.

*Closed Restaurant: Many may have noticed that the PHO Y & G restaurant at 73 Leland has been closed for the last few weeks. Reliable sources say that the business has undergone an ownership change and that the new owners are remodeling the interior. The restaurant should reopen soon.

*New Restaurant: 107 Leland once again has a new restaurant. Blue Hawaiian BBQ has moved into the space recently occupied by Ms Mattie's Sunflower Blues Café (we will miss those great sandwiches!). Stop by the Blue Hawaiian, say hello to the new owners and support local businesses.

*Development at Candlestick Cove: Top Vision Development is moving forward with the last phase their 800 unit condominium development. Unlike the previous phases, both low rise buildings, this final phase will include an 8 and 16 story buildings. This item is scheduled to go before the S.F. Planning Commission on Mar. 1, 2007.

A New Direction for All Americans

by Speaker Nancy Pelosi

The American people have resoundingly called for a new direction for our country.

Nowhere is the need for a new direction greater than in Iraq. President Bush has failed to make a long overdue change in course and articulate a clear mission for our troops. Escalating our military involvement in Iraq sends precisely the wrong message. In the days ahead, Congress will exercise its Constitutional responsibilities by giving the President's proposal the scrutiny the American people expect. We will not give the President a blank check in Iraq. The American people want a change of course in Iraq, and we intend to keep pressing President Bush to provide it.

The American people also spoke clearly for a new direction here at home; a new vision for a new America, built on the values that made our country great. Democrats pledge to work together for fiscal responsibility, with the highest ethical standards and civility. That is why as our first order of business in the 110th Congress, we passed the toughest ethics reform in history, returning the House to the American people.

After years of historic deficits, this new Congress has committed itself to a higher standard: pay as you go, no new deficit spending. Our new America will provide unlimited opportunity for future generations, not burden them with mountains of debt.

House Democrats pledged to restore optimism and opportunity with an ambitious agenda in the first 100 hours of the 110th Congress. From national security to economic security, our first 100 hours met the urgent priorities of the American people, turning our promises into reality.

Democrats and Republicans alike take our responsibility to protect the American people seriously. That is why, with strong bipartisan support, the first bill passed in the new Congress fully implemented the recommendations of the bipartisan, independent 9/11 Commission and went even further to protect our nation. As elected officials, the safety and security of the American people is our top priority.

After earning stagnant wages for nearly a decade, 13 million hard-working families will finally receive the pay raise they deserve. ith bipartisan support, the House passed an increase in the minimum wage, so America's workers earn a decent wage and join in our nation's prosperity and success.

With a strong bipartisan vote, the House gave voice to the hopes of more than 100 million Americans and their families, passing legislation to expand embryonic stem cell research. With its great potential, science has the power to answer the prayers of America's families. We must unlock the promise for stem cell therapies to alleviate human suffering and cure diseases. Democrats and Republicans have joined together to urge President Bush to sign this vital legislation into law.

The House took a crucial step toward lowering the cost of prescription drugs for America's seniors. By requiring that the Secretary of Health and Human Services use the purchasing power of more than 22 million Americans in Medicare prescription drug plans and negotiate for lower prescription drug prices, we have placed the needs of the America's seniors ahead of the special interests.

In a bipartisan effort, the House passed legislation cutting the interest rate on student loans, making higher education more affordable. A college education is the best investment our young people can make in themselves, and it is the best investment our nation can make in America's future.

To wrap up Democrats' 100 Hour agenda, we rolled back subsidies for Big Oil. Through investments in clean renewable energy and alternative fuels, this Congress will work to reduce our nation's dependence on foreign oil so that we will send our dollars to the Midwest, not the Middle East.

These accomplishments are just a down payment on a new direction. Democrats are setting our sights beyond the first 100 hours, toward the future. For America to be safe and strong, we must take decisive action to free our country of its dependence on foreign oil and confront the rising tide of global warming. The science of global warming and its impact is overwhelming and unequivocal. That is why last month, I announced the creation of a Select Committee on Energy Independence and Global Warming to give this issue the urgency it deserves. The solutions are at our disposal. With this new Select Committee, we will take serious and sustained action to confront this critical challenge.

Respectful of the vision of our Founders, the expectations of our people, and the great challenges we face, we have an obligation to reach beyond partisanship to serve all Americans. We will work to stand together to move our country forward, seeking common ground for the common good.

California Gas Prices Start to Rise, Rest of U.S. Unchanged

Gas prices are rising again. At least that's the case if you're filling up in California. Talk to someone in another part of the country and you're likely to hear a different story.

According to a recent report from AAA of Northern California, which tracks fuel costs as a service to consumers, the statewide average cost of a gallon of regular unleaded gas is now $2.66, up 5 cents per gallon since the last AAA fuel price survey on January 16. During the same time, nationwide prices remained flat.

The national average for a gallon of regular unleaded is $2.23, unchanged from last month's survey and 6 cents lower than a year ago. The average price of gas in California is now 43 cents per gallon higher than the national average and 9 cents per gallon higher than a year ago.

"The difference between what we pay and the national average is increasing dramatically," said Sean Comey, spokesperson for AAA of Northern California. "Our cleaner-burning gas costs more to make, but not this much more."

The recent increase may seem even more severe to most consumers than it appears in a month to month comparison. Prices fell in late January, reaching the low point in the current cycle at the end of the month. Then fuel costs reversed course, pushing the statewide average price up by 14 cents in the past two weeks.

Several factors appear to be driving prices higher. Cold weather in many parts of the United States has increased demand for home heating oil, leading to higher costs for crude oil, the raw material from which gasoline is made. Anxiety over increasingly confrontational relations between the U.S. and Iran may also be leading nervous energy market traders to bid up the price of crude. The California Energy Commission reports that some state gasoline refineries have experienced recent problems which have decreased production below the level that's typical for this time of year.

The most expensive gas in the United States is in Wailuku, on the Hawaiian island of Maui, where a gallon of regular unleaded costs an average of $3.21. The highest average price for gas in the continental United States is in Tahoe City and Yreka. The least expensive gasoline in the country is found in Greenville, South Carolina, where regular unleaded costs an average of $2.02.

"The average price only tells part of the story," said Sean Comey, spokesman for AAA of Northern California. "In some areas of California we are seeing a wide range of prices, sometimes 20 cents per gallon or more between stations that are only a few miles apart."

Keep Your Various Options Open as Retirement Approaches

by Jason Alderman

It used to be, you'd work hard your whole life, then retire with a gold watch and a few good years left to visit the Grand Canyon, spoil your grandchildren and get hooked on daytime TV. Pension plans were the rule not the exception, Social Security was healthy and employers encouraged early retirement to make room for younger workers.

Things are much different today. The average lifespan is seven years longer than in 1960, but corresponding medical breakthroughs have led to astronomical health care cost increases that crimp many retirees' lifestyles. And, as 77 million baby boomers rapidly approach retirement with only 44 million GenXers to take their place, employers may face severe personnel shortages.

According to an American Association of Retired Persons (AARP) study, nearly 80 percent of baby boomers expect to work at least part time after they retire, for a variety of reasons, including: 1) Those who can't afford or qualify for individual medical insurance will need to continue working until Medicare kicks in; 2) Many people haven't saved enough for retirement and keep working to stretch their savings and receive benefits; 3) Even when money isn't a concern, many people continue working because they'd miss the social interaction, mental challenge and physical activity a job provides; and 4) Some people keep working in order to give back to their community through volunteering, mentoring younger workers or working at a non-profit organization whose mission aligns with their values.

Working after retirement age doesn't necessarily mean the same old thing, year-in and year-out. Many people switch fields, explore new interests or cut back on hours and responsibilities while still drawing an income. Here are a few ways to plan ahead:

*Find senior-friendly employers. More companies are recognizing the strong work ethic, skills and stability older workers can provide. AARP publishes "Best Employers for Workers Over 50" at www.aarp.org/bestemployers. They suggest looking for companies that offer benefits to part-time workers, long-term care and disability insurance, flexible work hours, financial planning services, and alternative work arrangements like telecommuting, job sharing or phased retirement.

*Talk to your current employer. If you seek greater flexibility or less responsibility, talk to your current employer first. Given the expected shortage of experienced workers, they might be accommodating, especially if you'd otherwise leave carrying institutional knowledge you could share with less-experienced coworkers.

*Boost your skills. Whether contemplating a career change or simply protecting yourself from downsizing or layoffs, recognize that you may need to update your business, computer and interviewing skills. Check your local community college for low-cost courses. Also, many Web sites offer tips on job hunting, resume building and career transition.

*Go independent. Many people with specialized skills find they can make a good living - and lead a more flexible lifestyle - as a consultant. Independent contractors receive many favorable tax advantages; however, if you plan to retire and then consult for your former employer, first check with your Human Resources department for any restrictions that may apply.

No matter what your retirement goals are, the sooner you start planning, the better. Practical Money Skills for Life, a free personal financial management site sponsored by Visa USA (www.practicalmoneyskills.com/retirement) offers a comprehensive guide to retirement planning.

Remember, the more options you have, the more likely you are to enjoy the next chapter of your life.

Jason Alderman directs the Practical Money Skills for Life program for Visa USA. More retirement planning tips can be found at www.practicalmoneyskills.com. As always, consult a financial professional regarding your particular situation.

Tax Relief Program Extended for Seniors

With the passage of AB 3075 (effective Jan. 1), the three-year claiming period for property tax programs authorized by the California Constitution under Propositions 60, 90 and 110 has been removed.

California Assessors and members of the Board of Equalization wholeheartedly endorsed and supported this legislation.

"From our perspective, it was an issue of fairness," explained Warren Slocum, San Mateo County's Chief Elections Officer & Assessor-County Clerk-Recorder. "If an eligible individual failed to sign up within the three-year eligibility period (for whatever reason), they permanently lost the opportunity to file a claim and benefit from the program."

"Now, anyone who would have been eligible for program relief had they submitted their claim in time will be permitted to reapply. They will not be eligible for retroactive relief, but the program benefits will be available to them prospectively," Slocum explained. "We want to make sure that anyone who is eligible for the program gets the word that they can apply or reapply, if previously denied."

What exactly are these property relief programs? In summary, Propositions 60, 90 and 110 provide people over the age of 55 or severely and permanent disabled the opportunity to qualify for property tax savings when they sell their principal home and buy a replacement residence of the same or lower value.

Proposition 60 amended the California Constitution in November 1986.

"This program helps seniors 'downsize.' Many seniors find it more comfortable to move into a smaller home once their children are grown. Prop 60 addressed the problem of higher tax rates that posed a financial obstacle when they examined the tax implications of selling their home and making the move," explained Slocum. This program allows qualified persons over the age of 55 to transfer the base year values from a former residence ("original property") to a replacement residence if these five conditions are met:

*Both properties must be located in the same county.

*The original property must have been eligible for either the homeowner's exemption (owned, occupied and claimed as the principal residence at the time of sale or within two years of the acquisition of the replacement property or entitled to the disabled veteran's exemption)

*The replacement dwelling must be of equal or less value than the original property.

*The replacement dwelling must have been acquired or newly constructed within two years before or after the sale of the original property (after the law went into effect).

*The original property must be subject to reappraisal at its current "fair market value" as a result of its transfer.

Proposition 90 extended Proposition 60's benefits to property owners who had homes in two counties—if the county of the replacement property adopted a county ordinance permitting the local County Assessor to apply the value determined by the County Assessor of the original home. As of 2005, seven counties offered Prop 90 exclusions to seniors. They include: Alameda, Los Angeles, Orange, San Diego, Ventura, San Mateo and Santa Clara.

Proposition 110 extended Proposition 60 program benefits to severely disabled property residents. The age requirement in Proposition 60 does not apply to Proposition 110 claimants.' The other mandatory conditions for eligibility include:

*The replacement property must be newly built or purchased on or after June 6, 1990.

*The disability must be property certified, and

*The claimant must not have previously benefited from a replacement dwelling exclusion, unless, the person's disability occurred after the exclusions for Propositions 60 and 90 had been applied.

For more information, go to *www.shapethefuture.org* or call the Assessor's Office, (650) 363-4988 and talk with Terry Flinn, Paula Cuneo or Angelina Hunter.

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Watercooler Counsel

by Rich Proulx & Malinda Tuazon

Working Romance

Q: I just started my dream job. I love the mission, I care about the work I'm doing and the people who work there are the best. In fact, I've been spending a lot of time in and out of the office with one co-worker in particular. But, at work I feel a little awkward because we pretend like nothing is happening between us. I don't want to jeopardize my job, but I don't want to stop dating him either. -Cake and Eat It Too?

A: What do you want first, the caveat or the schtick?

The Caveat: More and more people are working longer and longer hours, increasing the chances that work will be the place to meet someone. In more ways than one, you are not alone! Mixing romance and work is not something I'd recommend (plus how would you handle a break-up that keeps you face-to-face through the work week with your ex?), but when Cupid strikes, what are ya gonna do?

The Schtick: Keep your eyes fully open, and be aware of what's at stake. Does your company have a policy on dating co-workers? Check your employee handbook or with Human Resources. Does the relationship have an impact on your workplace? It's important to conduct yourself professionally and impartially, to avoid any perceptions of unfair treatment. Keep work and personal life as separate as you can – love letters on company e-mail are not a great idea. If the relationship gets serious, you might prefer to let your supervisors know instead of letting them find out through the grapevine.

Q: One of my employees confided that, after dating for six months, she and another co-worker had a nasty break-up. She's been getting angry e-mails and text messages from him – so far not on company systems or equipment—but she asked to be escorted to her car on the company parking lot. What can I do to defuse this situation, and could I have done anything to avoid it? -Overwhelmed in Ontario, Oregon

A: First, to address the situation at hand, anytime there is a interpersonal conflict spilling over to the work environment, you as the employer have a responsibility to ensure that your workers know that harassment will not be tolerated. If she doesn't feel safe, provide an escort. Ensure that both workers know their employment rights and are clear on your company's policy against harassment and how to report it. Make sure that you don't retaliate against employees who file any sort of complaint related to a workplace romance, and don't allow any employees to retaliate in these situations either. It's in your best interest to remind your employees that they need to act professionally and not allow personal matters to affect their workplace behavior. And build a record of all the actions you take – documentation is always important.

Back to your question about preventing this kind of problem: Policies that discourage fraternization or inter-office dating may not always be practical – these days many people meet their spouses at work. The bottom line question: is the work getting done? You may find you can accomplish more by promoting honest communication and professional behavior than by devising a policy that meddles in people's private lives. Another resource to consider is an employee assistance plan – where your staff can get objective consultation for personal problems. It's in your best interests to offer this kind of services to help keep your personnel problems in the personal realm and not in your workplace.

Our team of government experts will get you straight answers in plain language, even when other hearts get distracted. According to Vault's 2005 Office Romance Survey, 58 percent of employees say they have been involved in an office romance, an increase from 46 percent who took the survey two years ago. A BusinessWeek survey indicates that 20 percent of companies have policies on office romance (mostly discouraging it), up from 7 percent in 2002. Send your questions to Watercooler.Counsel@eeoc.gov. Rich is a former Supervisory Investigator and Malinda is a current Federal Investigator for the Equal Employment Opportunity Commission www.eeoc.gov. Identifying information in the questions may be fictional.

Bayview Police Update

by Bayview Captain Albert Pardini

Police Cases

*Sunday, Jan. 21 through Monday, Jan. 22, Portola District, Robbery Series: Three documented robberies occurred in the Portola District in a twenty-five hour span. The first incident occurred on Sunday, Jan. 21 at 10 p.m. The victim reported that she was standing at the bus stop at Cambridge Street and Silver Avenue. One suspect grabbed the woman's hair while another suspect punched her in the face and attempted to take her backpack from her. The woman screamed and scared her attackers away.

The second incident occurred the next day at 5:25 p.m. on the 800 block of Bowdoin Street. In this incident, a woman was walking down the street when she heard footsteps behind her; she did not turn around to investigate. From behind, she was placed in a headlock and her purse was ripped from her shoulder. She believed that the suspect got into a two door white vehicle. Her purse, minus her money, wallet, and keys were found on the hood of a parked car around the corner.

The robberies ended that evening at 10:49 p.m. when a witness called 911 and reported that a robbery took place on Silver Avenue and Goettingen Street. The caller said that the victim, a woman, was chasing the suspect down the street and said that the suspect got into a white sports type car. The caller did not give any other information. Plainclothes officers saw a similar vehicle and radioed for a marked car to pull it over. marked car was near by and found the car and pulled it over. When the car stopped the front seat passenger, holding the purse, attempted to run away. Offices gave chase on foot. The plainclothes officers cut the suspect's path with their vehicle. The suspect was brought into custody and the purse was recovered.

The only thing missing now was the victim. Inside the purse was a prescription bottle. Using the computer database, officers were able to find the victim's address. They went to her house and she told them that she was walking down the street when the suspect ran up from behind her and ripped the purse from her shoulder. The woman struggled to hold on but the suspect was too strong for her. She identified the purse as hers and noted that everything was still inside. A cold show was performed and she identified her attacker.

The attacker, on probation, was booked for robbery and conspiracy. The driver, on parole, was also booked for the same charges. The first victim also brought to the scene for a cold show; unfortunately he was unable to identify them as his attackers. The second victim was unavailable.

Ways in Giving the Bounce to Counterfeit Check Scams

A new scam is swindling consumers: counterfeit checks that seem legitimate to both bank employees and consumers, but that leave unsuspecting consumers footing the bill.

The Federal Trade Commission is issuing a new brochure, *Giving the Bounce to Counterfeit Check Scams*, which explains common angles used in these scams, the responsibilities of banks and consumers when it comes to counterfeit checks, and advice on how to avoid these increasingly common traps.

While the angles used by scam artists may vary, the basics of the counterfeit check scheme remain the same. The consumer receives a generous check with an explanation that they've just won an award, a prize, a lottery or some other windfall.

The consumer is instructed to deposit the check and wire a portion back to pay fees, taxes, or the like. The consumer deposits the check, the bank credits the funds to the consumer's account, and the consumer wires the money to the sender. Some time later, both the bank and the consumer learn the check was bogus.

Unfortunately, the consumer is out of luck: the money that was wired can't be retrieved and, by law, the consumer is responsible for the deposited check – even though they didn't know it was fake.

The FTC advises consumers not to rely on funds from checks unless they know and trust the person who gave them the check or, better yet, until the bank confirms that the check has cleared. Other advice includes:

*Throw away any offer that asks you to pay for a prize or a gift. If it's free or a gift, you shouldn't have to pay for it. Free is free.

*Resist the urge to enter foreign lotteries. It's illegal to play a foreign lottery through the mail or the telephone, and most foreign lottery solicitations are phony.

*Know who you're dealing with, and never wire money to strangers.

*If you're selling something, don't accept a check for more than the selling price, no matter how tempting the offer or how convincing the story. Ask the buyer to write the check for the correct amount. If the buyer refuses to send the correct amount, return the check. Don't send the merchandise.

*As a seller, suggest an alternative way for the buyer to pay, like an escrow service or online payment service. There may be a charge for an escrow service. If the buyer insists on using a particular escrow or online payment service you've never heard of, check it out. Visit its website, and read its terms of agreement and privacy policy. Call the customer service line. If there isn't one — or if you call and can't get answers about the service's reliability — don't use the service. To learn more about escrow services and online payment systems, visit ftc.gov/onlineshopping.

*If you accept payment by check, ask for a check drawn on a local bank, or a bank with a local branch. That way, you can make a personal visit to make sure the check is valid. If that's not possible, call the bank where the check was purchased, and ask if it is valid. Get the bank's phone number from directory assistance or an Internet site that you know and trust, not from the check or from the person who gave you the check.

*If the buyer insists that you wire back funds, end the transaction immediately. Legitimate buyers don't pressure you to send money by wire transfer services. In addition, you have little recourse if there's a problem with a wire transaction.

*Resist any pressure to "act now." If the buyer's offer is good now, it should be good after the check clears.

Natural Pest and Garden Layout Classes in March

Classes are held Saturdays at the Garden for the Environment (GFE), 7th Avenue at Lawton Street. Call 731-5627 to pre-register.

*Mar. 17, *Natural Pest Control* from 10 a.m. to 1 p.m. Learn how to manage garden pests and common plant diseases with non-toxic methods at the Natural Pest Control workshop. This workshop will cover the basics of organic pest and disease control, including an introduction to the benefits of attracting beneficial insects and creating a healthy garden eco-system. Pre-registration required.

*Mar. 31, *Garden Layout and Design* from 10 a.m. to 1 p.m. Does your backyard or garden resemble a vacant lot more than the urban oasis you would like it to be? Learn the basics of sustainable, resource efficient garden design, from coordinating plant colors and layout to creating theme gardens. Learn about drought tolerant plants and lawn alternatives while exploring ways you can enhance an existing landscape or plan for a new one. Pre-registration required.

Saturdays are Special At Randall Museum

The Randall Museum offers drop-in, hands-on art and science workshops every Saturday from 1 to 4 p.m. at 199 Museum Way (off Roosevelt, above the Castro). Workshops are $3 per child; $5 for a parent and child combo. All kids under 8 must be with a paying adult. Call 554-9600 for further information.

*Mar. 3: Sculpt and decorate your own shimmering snakes made of air-drying clay.

*Mar. 10: Buzz over and make a giant, friendly, fuzzy bumblebee you can wear!

*Mar. 17: In honor of St. Patrick's Day, make your own leaping leprechaun puppet.

*Mar. 24: Learn more amazing bee facts and create your own original bee prints.

*Mar. 31: Use fabric, ribbon, baubles, and beads to construct a colorful April Fool's hat.

Other Saturday activities include:

*Morning Family Ceramics from 10 to 11:30 a.m. ($5 per person workshop fee)

*Meet the Animals from 11:15 a.m. to 12 noon.

*Animal Feeding at 12 noon.

*Golden Gate Model Railroad Club Exhibit from 11 a.m. to 4 p.m.

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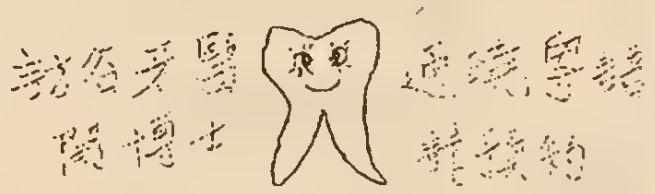

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Come to Church This Week

Visitacion Valley Police Report

by Ingleside Captain Paul Chignell

Police Cases

*On Jan. 19 at 6:32 p.m., an officer and police sergeant were on patrol on the 1600 block of Sunnydale when they spotted known gang members congregating. They stopped to investigate and found that one of the loiterers, a resident of Menlo Park, was wanted on a misdemeanor warrant from Daly City.

*On Jan. 21 at 11:26 p.m., a police sergeant was on patrol when he received a call that a vehicle was being driven in the intersection of Sunnydale and Hahn recklessly. The driver was making turns in the intersection with tires squealing and smoke emanating from the vehicle. The sergeant spotted the vehicle speeding away from him and gave chase but lost the vehicle near McLaren Park. Officers spotted the car a few minutes later accelerating away from them to the dead end of Dublin and Russia. The occupants fled the car with the engine running and ran into McLaren Park Numerous Ingleside officers surrounded the Park when two other officers spotting the driver coming out of the park breathing heavily. The detained the driver and found a handgun and narcotics near where he exited. His companion was also found shortly thereafter exiting the park. An investigation revealed that the vehicle was stolen. The driver, who lives on Espanola, was arrested for auto theft, driving with a suspended license, reckless driving and resisting arrest. The companion, who lives in San Mateo, was cited for delaying and officer in performance of duties. At 11:57 p.m., an officer was on patrol at Geneva and Brookdale when he observed a vehicle partially on the sidewalk. He conducted a computer query and found that the vehicle was stolen. He then observed the vehicle being driven away. He stopped the vehicle and detained the driver. After an investigation, he found that the driver, a woman with no permanent local address, was on probation for auto theft and receiving stolen property. She was arrested for auto theft, being unlicensed and for possession of narcotics paraphernalia.

*On Jan. 22 at 12:55 a.m., officers responded to a trespassing call on the 3500 block of San Bruno and found a resident of the first block of Tucker. He was in possession of a "crack" pipe and had a misdemeanor warrant. At 2:10 p.m., an officer stopped a vehicle at Hahn and Sunnydale for a registration violation. The driver, who lives on the 1900 block of Sunnydale, was driving unlicensed and was uninsured. He was cited and his 1986 Cadillac was towed.

*On Jan. 23 at 10:15 a.m. on the 400 block of Raymond, an officer admonished a 13 yea-old girl who lives on Fitzgerald for threatening a security guard at Visitacion Valley Middle School.

*On Jan. 24 at 5 p.m. a police inspector and an officer of the Gang Task Force were in the company of other officers trying to serve a subpoena. The officers spotted a suspect on the 1700 block of Sunnydale who was acting suspiciously. He then took off on foot with the officers chasing him. After a block the suspect was overtaken by the officers and found to be in possession of cocaine and wanted on a no-bail juvenile warrant. The suspect lives on the 1400 block of Kirkwood.

*On Jan. 25 at 5 p.m., officers went to an address on the 200 block of Teddy as a police dispatcher had received a call from a female victim who said on the phone "please don't hurt me, somebody please help me". When the officers arrived they found that the husband of the victim had struck her and threatened her. The officers arrested the suspect for assault, possession of narcotics paraphernalia and for a parole violation. The suspect was on parole for felony assault with a firearm against a police officer.

*On Jan. 26 at 5:30 p.m., an officer stopped a vehicle for an equipment violation on the first block of Blythdale. The driver, who lives on Brookdale, was driving with a suspended license and was uninsured. He was cited and his 1989 Dodge was towed.

*On Jan. 27 at 8 p.m., officers went to the first block of Blythdale where a man had taken a knife and threatened to kill his girlfriend and her 26 year-old daughter. The officers arrested the suspect on two felonies.

*On Jan. 29 at 2 a.m., officers responded to an auto accident on the first block of Santos where a drunken driver had crashed his car into a parked car, gotten out of the car with a bottle of opened alcohol in his hand, screamed threats at the neighbors and then took off down the street. Officers located the suspect at Sunnydale and Sawyer and placed him under arrest. The resident of the 1000 block of Sunnydale was charged with drunk driving, hit and run, driving with a suspended license and criminal threats. At 1:39 p.m., officers went to an address on Argonaut and interviewed a female victim who had been struck with a crowbar and choked by her "uncle" at Kelloch and Schwerin. The provocation for the attack was that the "uncle" had seen the victim driving his vehicle. The officers arrested the local resident for felony assault.

*On Jan. 30 at 9:14 a.m., an officer and a police sergeant responded to a market on the first block of Leland where a suspect had walked into the store, asked for fifty dollars worth of lottery tickets and attempted to pay for them with a counterfeit hundred dollar bill. She then fled the store with the tickets. The officers found the suspect on the 2600 block of Bayshore. The resident of the 300 block of Valencia was cited for theft. At 11:05 p.m., officers responded to Sunnydale and Santos on a report of suspects in a vehicle with a gun. They stopped the vehicle and no gun was found. However, an occupant, who lives in Palo Alto, was wanted on a no bail parole warrant.

*On Feb. 1 at 5:39 p.m., an officer stopped a vehicle on the1400 block of Sunnydale for a cracked windshield. The driver, who lives on the 3300 block of 26th Street, was driving with a suspended license. He was cited and his 1986 Chevrolet was towed. At 8:25 p.m., officers went to the 100 block of Loehr where a juvenile was unable to be controlled by her parent. She was taken to Huckleberry House for wayward children.

*On Feb. 2 at 1 p.m., officers went to a school on the first block of Delta and admonished a 17 year-old from another school, who lives on the 1200 block of Stockton, for misdemeanor assault. At 9:20 p.m., an officer stopped a vehicle for parking violation at Garrison and Sunnydale. The driver, who lives in Vallejo, was driving with a suspended license. He was cited and his 1990 Chevrolet was towed.

*On Feb. 3 at 12:05 a.m., an officer stopped a vehicle at Hahn and Sunnydale for speeding. The driver, who lives on Espanola, was uninsured and driving with a suspended license. He was cited and his 1990 Buick was towed. At 10:12 p.m., officers stopped a vehicle on the 300 block of Oneida for an equipment violation. The driver, who lives in Novato, was unlicensed, uninsured and had no identification. He was arrested and his 1988 Volkswagen was towed.

*On Feb. 4 at 11 p.m., an officer stopped a vehicle at Hahn and Blythdale for an equipment violation. The driver, who lives on the 1000 block of Connecticut, was driving with a suspended license. He was cited and his 1994 Infiniti was towed.

*On Feb. 6 at 11:02 a.m., officers stopped a vehicle on the 1900 block of Sunnydale for speeding. The driver, who lives on Commer Court, was wanted on three theft warrants from the San Bruno Police Department. At 3:30 p.m. on the 700 block of Sunnydale, officers admonished a 12 year-old resident of the first block of Cora for bringing a replica handgun to Our Lady of Visitacion Elementary School.

*On Feb. 7 at 9:05 a.m., an officer stopped a vehicle at Leland and Cora for a stop sign violation. The driver, who lives on the 100 block of Britton, was unlicensed. He was cited and his 2004 Dodge was towed.

*On Feb. 8 at 1:20 p.m., a police sergeant and an officer cited an elementary school student on the first block of Deltafor an assault on his teacher. The child resides on the 1800 block of Sunnydale.

*On Feb. 10 at 4:50 p.m., an officer stopped a vehicle at Blythdale and Hahn for a registration violation. The driver, who lives on Brookdale, was unlicensed. She was cited and her 1988 Plymouth was towed.

*On Feb. 11 at 12:01 a.m. on the 1800 block of Sunnydale, two women got into a dispute and then one of the women struck the victim numerous times knocking out the victim's tooth. Officers tracked down the suspect to the Amazon Hotel on Mission Street but she had fled and was returning to the 1800 block of Sunnydale. They observed the suspect in a vehicle on the 1900 block of Sunnydale, stopped her and arrested the resident of Hayward for assault and threats. At 4:45 p.m. on the 100 block of Garrison, three deliverymen were attempting to deliver a refrigerator. A neighbor, who was inebriated, started yelling at the men with racial profanities. He then kicked the refrigerator and damaged a tool. Officers arrived and located the suspect and cited the Daly City resident for malicious mischief. At 7:04 p.m, an officer stopped a vehicle at Sunnydale and Sawyer for a stop sign violation. The driver, who lives on the first block of Heritage, was unlicensed and uninsured. He was cited and his 1995 Saturn was towed. At 9:30 p.m. on the first Block of Blythdale, officers were in the Sunnydale area when a woman was screaming about a man going out the back door. The suspect saw the officers and took off running with the officers in pursuit. The officers cut off the suspect's avenue of escape and took him into custody. The resident of the first block of Santos was wanted for a no bail domestic violence warrant.

*On Feb. 12 at 12:20 p.m., an officer stopped a vehicle at Hahn and Sunnydale for a stop sign violation. The driver, who lives on the 700 block of Missouri, was driving with a suspended license. He was cited and his 2004 Dodge was towed. At 1:23 p.m. A victim of domestic violence came to the Ingleside Housing facility on Sunnydale to report a verbal dispute with her boyfriend on the first block of Brookdale. Officers located the suspect and arrested him on a warrant for domestic violence and violation of a stayaway order. At 1:37 p.m., officers on the 200 block of Leland were working a special violence reduction unit when they spotted two suspicious persons in a car with expired registration. They made contact with both persons who were acting quite suspiciously and were attempting to secrete items. One of the suspects was on probation with a search condition. The officers retrieved a significant amount of crack cocaine from both. The residents of the 200 block of Peabody were arrested on narcotics and probation charges.

*On Feb. 13 at 7:09 p.m., officers were advised by the Homicide Detail that a suspect who was wanted in a homicide from the Bayview District may be on Garrison Street. The officers went to Garrison and developed information that the suspect was on the 200 block of Rey. They located the suspect there and arrested her for murder with a bail of $3 million. At 11 p.m., a woman was walking on Geneva near Mission to her home after getting off the BART train at Balboa Station. She looked over her shoulder and noticed two men following her. She quickened her pace and moved to the other side of the street but the men continued to follow her. She then walked up Amazon to the 300 block and again noticed the two suspects closing in on her. One suspect came within a few feet of her and said, "What do you think we're gonna do, attack you?" The woman frantically went up to a door and knocked on the door but the resident said she had the wrong house and closed the door. The two suspects then viciously attacked the woman, throwing her to the ground and punching her repeatedly about the body. The suspects desperately pulled on her shoulder bag to get her purse, all the while continuing to beat her with their fists. The suspects obtained her shoulder bag and fled on foot towards Crocker Amazon Park. The victim tried to ring another doorbell but no one answered. She then remembered she had her cell phone on her person and called 911. Fifteen officers and a police sergeant responded to the crime scene and srrounding areas. The victim was interviewed with a specific description of the suspects. A few minutes later, officers saw the suspects on Moscow. When the suspects saw the officers they took off running into the Park. Under the direction of a police sergeant, a perimeter was set up to cut off the escape route of the suspects. Officers chased one suspect down and arrested him. The second suspect was captured by a police sergeant and an officer running in the field of the Park. The officers then coordinated a search of the area, located the property taken from the victim and supervised the victim making a positive identification of the two suspects. The suspects, who live on the first block of Santos and the 100 block of Brookdale, have long records and are both on parole. They were arrested for robbery, with one having a no bail parole warrant for his arrest. While in the holding cell of Ingleside Station the suspects were observed re-enacting the crime and describing the attack on the woman.

*On Feb. 14 at 4:22 p.m., an officer was working in plainclothes at Harvard and Silliman when he spotted a vehicle parked in the middle of the street with two subjects in the vehicle. The subjects were unaware of anyone around them and were intently looking at something in the console area of the car. The officer stopped to investigate and was joined by other officers. After an investigation, the officers found that the driver had a suspended license and that both subjects were in possession of a significant amount of methamphetamine. The residents of Country Club Drive and Millbrae were arrested. At 8 p.m., an estranged wife was beaten and strangled by her husband at her residence on the first block of Alpha. A police sergeant and officers went to the 600 block of Bacon and arrested the suspect for domestic violence and felony assault. At 10:36 p.m., officers were on patrol near Mansell and Dartmouth. One officer was aware of a stolen taxi in the area. The officers spotted the vehicle and arrested the driver, a resident of East Palo Alto, for auto theft. He was also wanted on a warrant for auto theft from Oakland and for narcotics from San Francisco.

*On Feb. 15 at 4:06 p.m., officers went to the first block of Arleta where a man had gone to his distant cousin's house and struck him with a metal bar. The suspect, who has no permanent local address, was arrested for felony assault.

Police Summaries

*Jan. 19: 9:46 p.m., 200 block of Blythdale Ave., burglary, back door. computer

*Jan. 19 :450 Raymond Ave., disturbance on school property

*Jan. 19: 450 Raymond Ave., misdemeanor assault.

*Jan. 19: 1455 Visitacion Ave., found 1987 BMW

*Jan. 20: 1900 block of Geneva Ave., theft from locked vehicle.

*Jan. 21: 11 Blythdale Ave., found 1998 Chevrolet.

*Jan. 21. Brookdale and Geneva Aves., found 1995 Saturn.

*Jan. 21:1900 block of Geneva Ave., theft from locked vehicle.

*Jan. 22 First block of Oneida Ave., mental detention, 38 year-old woman

*Jan. 23: Hahn St. and Leland Ave., found 2005 Toyota

*Jan. 23: 100 block of Loehr St., threats, domestic violence

*Jan. 23. Visitacion Ave. and Mansell St., annoying children.

*Jan. 24: 2000 block of Geneva Ave., attempted theft from locked vehicle

*Jan. 24: 600 Mansell St., stolen 1995 Buick.

*Jan. 24: 300 block of Sunnydale Ave., domestic violence

*Jan. 24: 1865 Sunnydale Ave., found 1989 Toyota.

*Jan. 24: 1950 Sunnydale Ave., found 1991 Nissan

*Jan. 25: Cora and Leland Ave., suspicious persons in vehicle.

*Jan. 25: 25 Oneida St., stolen 1993 Mercury

*Jan. 25. 15 Santos St., found 1991 Toyota.

*Jan. 25: 1800 block of Sunnydale Ave., attempted burglary, rear door lock damaged

*Jan. 26: First block of Blythdale Ave., vandalism to vehicle

*Jan. 26:101 Blythdale Ave., license plate stolen.

*Jan. 26:200 block of Hahn St., breaking windows

*Jan. 26:1790 Sunnydale Ave., found 1995 Buick.

*Jan. 26:1790 Sunnydale Ave., found 1989 Oldsmobile.

*Jan. 27: 1:55 a.m., 1600 block of Sunnydale Ave., attempted robbery, four suspects, surround victim and kick him, he fights them off.

*Jan. 27: 7:41 p.m., 100 block of Schwerin St., assault, victim struck in throat with fists, suspect known.

*Jan. 27: 51 Santos St., found 1985 Chevrolet.

*Jan. 29: 200 block of Arleta Ave., fraud, ATM card

*Jan. 30: Cambridge St. and Silver Ave., theft from locked vehicle.

*Jan. 30: 1637 Geneva Ave., found 1992 Nissan

*Jan. 30: 100 block of Leland Ave., mental detention, gun recovered

*Jan. 30: Velasco Ave. and Castillo St., found 1990 Chevrolet.

*Jan. 31 2398 Bayshore Blvd., found 1994 Chevrolet.

*Jan. 31 First block of Brookdale Ave., domestic violence.

*Feb. 1: 108 Hahn St., found 1983 Toyota.

*Feb. 1: 62 Kelloch Ave., found 1988 Toyota.

*Feb. 2: 500 Leland Ave., neighbor dispute

*Feb. 2: 500 block of Sawyer St., malicious mischief

*Feb 3. 12:46 a.m., First block of Blythdale Ave., shots fired, 54 year-old man hit in lower leg with one bullet.

*Feb 3. 10:30 p.m., Geneva Ave. and Santos St., robbery, gun, 2 suspects, masks, take purse.

*Feb. 3: First block of Brookdale Ave., breaking Windows

*Feb. 3. Garrison and Sunnydale Ave., found 1978 Buick.

*Feb. 3. 28 Schwerin St., found 1985 Chevrolet.

*Feb 3: Sunnydale Ave and Tomaso Ct., stolen 1978 Buick.

*Feb. 3. 1700 block of Sunnydale Ave., breaking windows, bag on fire.

*Feb 3 1971 Sunnydale Ave., stolen 1993 Saturn.

*Feb. 4. 5:45 p.m., Santos and Brookdale Ave., robbery, 7 year- old pushed off scooter, 12 year-old suspect.

*Feb. 4 First block of Blythdale Ave., detain and release.

*Feb 4 1700 block of Sunnydale Ave., detention and release.

*Feb 4 1959 Sunnydale Ave., found 1995 Saturn

*Feb 5 1:23 p.m., 1800 block of Sunnydale Ave., burglary, window, telephone

*Feb 5 First block of Brookdale Ave., found bike

*Feb. 5. 100 block of Tucker Ave., embezzlement by caretaker

*Feb 6 200 block of Blythdale Ave., threats

*Feb 6 300 block of Sawyer St., mental detention, 42 year-old male

*Feb 8 3:15 a.m., First block of Blythdale Ave., burglary, rear door damaged, no loss

*Feb 8 300 block of Oneida Ave., vehicle registration violation.

*Feb 8 1600 block of Sunnydale Ave., stayaway order violation.

*Feb 9: Arleta Ave. and Bayshore Blvd., battery

*Feb. 9 1900 block of Geneva Ave., theft from locked vehicle.

*Feb 9 298 Ward St., found 1999 Honda.

*Feb 10: 33 Blythdale Ave., found 1987 Mazda.

*Feb. 10: 209 Blythdale Ave., found 1985 Chevrolet.

*Feb. 10: 200 block of Elliot St., stolen license plate

*Feb 10: 1605 Sunnydale Ave., found 1994 Chevrolet.

*Feb. 10: 1600 block of Sunnydale Ave., found rifle.

*Feb. 10: 1631 Sunnydale Ave., found 1988 Chevrolet.

*Feb. 10: Velasco and Argonaut Aves., stolen 1989 Toyota.

*Feb. 11: First block of Blythdale Ave., breaking windows.

*Feb. 11. 100 block of Britton St., battery.

*Feb. 11: 200 block of Hahn St., battery.

*Feb. 11: 100 block of Loehr St., domestic violence.

*Feb. 11: 100 block of Loehr St., battery.

*Feb. 11. 1974 Sunnydale Ave., found 1994 Buick

*Feb. 12: 500 block of Argonaut Ave., theft, money.

*Feb. 12: 800 block of Rutland St., stolen 1996 Ford.

*Feb. 12: 800 block of Rutland St., stolen license plate to 1993 Ford.

*Feb. 12: 115 Santos St., found 1991 Chevrolet.

*Feb. 13: 8:03 a.m., 500 block of Leland Ave., burglary, vandalism.

*Feb 13. First block of Blythdale Ave., arson of vehicle.

*Feb 13: 400 block of Raymond Ave., 13 year-old disrupting school.

*Feb. 13: 1763 Sunnydale Ave., found 1989 Toyota.

*Feb 14. First block of Blythdale Ave., breaking Windows.

*Feb. 14 Leland and Bayshore Blvd., found 2006 Ford.

*Feb. 14 1800 block of Sunnydale Ave., fraud.

*Feb. 15: 5:15 p.m., Schwerin St. and Heritage Ave., attempted robbery, juvenile had no money, suspects a group of males

*Feb. 15: First block of Blythdale Ave., found 7 year old boy

*Feb. 15: 100 block of Brookdale Ave., threats, vandalism.

*Feb. 15: 62 Kelloch Ave., found 1984 Toyota.

*Feb. 15 200 block of Sawyer St., vandalism.

*Feb. 15: 1800 block of Silliman St., mental detention, 53 year-old woman.

Grapevine Puzzler — Historic California IV

K	C	I	H	T	O	M	M	A	M	Q	Y	H	T	R	O	W	N	E	K
E	C	K	Y	T	R	E	E	N	I	L	E	D	A	M	L	A	D	N	A
R	N	J	C	R	A	N	A	Z	N	A	M	E	L	U	N	D	Y	I	K
N	W	R	T	Z	X	F	G	L	H	T	Y	O	A	J	T	M	T	M	E
V	O	M	Y	K	U	K	E	Y	N	O	T	I	K	H	U	A	R	D	A
I	D	I	A	S	E	T	D	T	R	Y	U	R	E	S	O	N	E	A	R
L	A	N	H	C	A	E	T	L	T	S	O	L	F	P	K	C	B	L	S
L	E	I	F	S	U	I	R	E	N	I	M	E	S	R	O	H	I	O	A
E	M	N	A	R	A	S	I	C	D	Y	I	D	S	I	O	E	L	R	R
C	A	G	F	S	F	H	L	N	F	U	C	G	F	N	L	S	A	E	G
V	R	L	A	F	F	B	K	A	G	J	H	E	G	G	R	T	W	T	E
X	I	E	M	E	U	D	Y	H	E	R	I	N	H	S	E	E	S	T	K
F	P	X	M	G	R	L	D	C	L	E	G	A	F	E	R	R	Y	O	A
J	O	I	A	N	W	E	B	M	L	D	A	E	R	Y	T	I	C	R	L
N	S	N	G	A	O	I	K	A	I	N	N	K	G	M	S	A	R	E	E
O	A	G	A	R	L	F	E	S	V	O	S	L	E	K	A	F	E	T	L
R	N	T	L	G	D	D	A	O	S	W	S	Z	V	N	L	N	L	I	T
W	W	O	I	A	U	A	N	N	Y	V	N	P	L	A	N	A	E	L	T
A	O	N	A	L	L	E	E	I	E	U	E	L	T	T	I	L	E	E	I
Y	T	R	E	B	I	L	U	C	K	Y	S	T	H	G	I	N	K	L	L

Keane Springs
Keane Wonder
Mine
Kearsarge
Keeler
Kelso
Kenworthy
Kernville
Keynot
Keysville
Knight's Ferry
Kunze
La Grange
Lanhca
Plana
Lanfair
Last Chance
Laws
Leadfield
Lee
Leliter
Lexington and Alma
Liberty
Little Lake
Little Norway
Llano
Del Rio
Lookout
Loretto
Lost
Horse Mine
Lucky's Mining Town
Ludlow
Lundy
Lytle Creek
Madeline
Magalia
Mammoth City
Manchester
Manzanar
Mariposa
Masonic
Meadow Lake
Michagan Bluff

Historic Proportions

1884

Match clues to answers.

1. This was completed on Dec. 6.
2. Earthquake here on Apr. 22 was country's worst.
3. On Dec. 16, the World Cotton Centennial World's Fair opened here.
4. This opened on Nov. 15 to regulate European colonization and trade in Africa.
5. Siege began on Mar. 13.
6. This country took possession of Cameroon on July 5.
7. Elected U.S. president on Nov. 4.
8. Republican National Convention nominated him for President.
9. On Aug. 5, cornerstone for this was laid on Bedloe's Island in New York Harbor.
10. Founded in London on Jan. 4.
11. First edition of this published on Feb. 1.
12. On Nov. 25, a British surgeon first successfully removed this.

A. Khartoum
B. Berlin Conference
C. Grover Cleveland
D. New Orleans
E. Fabian Society
F. Statue of Liberty
G. Colchester, UK
H. Brain tumor
I. James G. Blaine
J. Oxford English Dictionary
K. Washington Monument
L. Germany

Answers: 1-K, 2-G, 3-D, 4-B, 5-A, 6-L, 7-C, 8-I, 9-E, 10-F, 11-J, 12-H.

As a Matter of Fact

*It's believed pirates pierced their ears in the belief this would improve their eyesight.

*The average American works until just after May 1 to pay his or her taxes.

*The state of Delaware takes its name from Lord De La Warr, the first governor of the colony.

*The first planet to be observed by a passing spacecraft was Venus.

*The first European stock exchange was established in Antwerp, Belgium in 1531.

*For many years only people with the rank of Earl or higher could own a dog breed known as the Scottish Deerhound.

*Most fruit tree require anywhere from five to eight years from planting to first harvest.

*The sealed cylindrical can was developed by Peter Durand in 1810.

*Cutting a lawn in a different direction each time you mow helps grass to grow upright.

Grapevine Five Years Ago

MARCH 2002

*Captain Kevin Dillon took charge of Ingleside Police District on Jan. 4, replacing Captain Marsha Ashe who had served there for three years

*A week-long series of workshops were scheduled in Visitacion Valley to shape a plan for development of the former Schlage Lock site.

Sez Who?

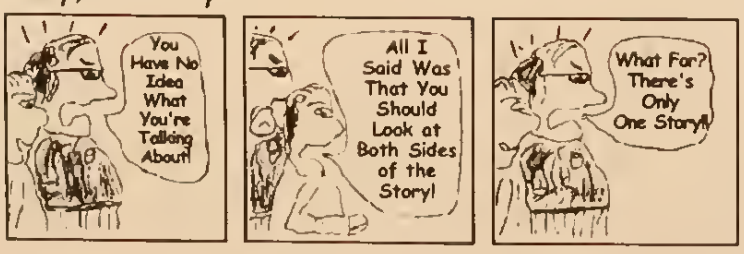
Match quotes to speakers.

1. "There is no avoiding war. It can only be postponed to the advantage of others."
2. "I am not an adventurer by choice, but by fate."
3. "There is only one step from the sublime to the ridiculous."
4. "If you want to know about a man, you can find out an awful lot by looking at who he married."
5. "A poet can survive anything but a misprint."
6. "Science is all metaphors."
7. "I hate housework. You make the beds, you do the dishes©©and six months later you have to start all over again."
8. "That's what show business is©©sincere insincerity."
9. "Consumers are statistics. Customers are people."

A. Timothy Leary
B. Joan Rivers
C. Niccolo Machiavelli
D. Stanly Marcus
E. Benny Hill
F. Kirk Douglas
G. Napoleon Bonaparte
H. Vincent Van Gogh
I. Oscar Wilde

Answers: 1-C; 2-H; 3-G; 4-F; 5-I; 6-A; 7-B; 8-E; 9-D.

Sump, the Gump



San Francisco Flower and Garden Show Returns to Cow Palace

Fun activities, inspiring beauty, innovative ideas and products, industry experts and helpful tips for do-it-yourselfers await everyone at the San Francisco Flower and Garden Show, one of the world's largest and most celebrated spring garden festivals, from Wednesday, Mar. 21 through Sunday, 25 at the Cow Palace.

Now celebrating its 22nd year of inspiring gardeners, the Flower and Garden Show is known as the most cutting-edge of the top six garden shows in the world for its stunning garden displays, educational offerings and highest quality gardening products.

With this year's theme of "Living and Loving the Garden Life," there's plenty for garden lovers at all levels and ages to do, see and experience, including more than 20 full-size show gardens, free talks and practical workshops led by gardening experts, educational exhibits, an educational and activity area for families, wine and beer garden, live music, as well as shopping for the finest plants, garden art, tools and specialty items that are difficult to find anywhere else.

More than 20 display gardens by the West's top garden designers and creators will come in all sizes and all purposes — gardens for entertaining family and friends, artist-inspired sanctuaries, a flower-laden paradise, tropical havens with water features, a garden full of poisonous plants, an underwater-inspired garden, beautiful container gardens, meadow gardens with great grasses, low-maintenance and low-water gardens, and sustainable gardens featuring California natives and recyclable materials. This year, the gardens will be judged by Fergus Garrett, Steve Martino and Mario Schjetnan.

More than 60 free seminars and DIY workshops offer more talent, more topics and more tips than any other horticulture happening in California. Jurie d exhibitors will demo the newest and hottest items available on the market today.

Kids and the young-at-heart alike will especially enjoy the colorful display gardens – even one that appears to have grown underwater. The "Sproutopia" area will have hands-on activities and workshops that are free with admission for families.

Musical entertainment and special presentations are planned as well.

Discounted ticket prices for youth and students make it affordable to bring the whole family. Children 5 and under are free. A one-day adult ticket purchased at the door is $20. Those who purchase a one-day adult ticket online, by phone or at Bay Area nurseries through March 20 pay only $17. Students, 25 or under with valid student ID, $9 at the door. Youth (6-17) $4. Children 5 and under are free. Half-day tickets from 3 p.m. to closing Wed. through Sat. (Sun. at 2p.m.) are $13 at the door.

Call (800) 569-2832 or visit www.gardenshow.com for more information.

Poor Rix's Almanac

by Rix Quinn

Dear Poor Rix: What is your favorite horror story? -Linda

Chances are if you didn't read "Dracula," you saw a movie version. The original 19th century novel unearths a deep plot filled with unsavory creatures…the same thing Dracula enjoyed when he was real hungry.

The story begins as lawyer Jonathon Harker heads for Count Dracula's Transylvania castle on a legal matter. Dracula invites Jon to stay overnight, which may be hunger talking. Jon's soon awakened by scratching, and opens his bedroom door to find Drac hanging upside down on the wall.

Bolting from his room, Jon escapes by running through another door, which leads him into a casket-filled courtyard. Quickly, he swallows a cold capsule to "stop the persistent coffin."

From this point forward, the plot becomes thicker than concrete pudding. But at Dracula's castle, we learn that he has several brides (you'll see them in later movies) who conspire with him to bleed good folks dry.

The only way to destroy these rascals is to pierce their hearts with stakes while they sleep. So when the sun rises, that's what our heroes do. Soon the world is vampire-free…until the next sequel.

In reading this grand classic, we discover that (1) blood is thicker than water, and more nutritious, too; (2) vampires make lousy house pets, and (3) first thing in the morning, there's nothing like a good stake.

Poor Rix: Have you heard that some animals sleep with one eye open? –Curious

Yes, but I'm not sure about people, because either Poor Rix sleeps with both eyes closed…or it gets very, very dark at night.

I have heard that dolphins, if they wish, can access only half their brains. I don't know any other group who can use half their intelligence, except for a handful of politicians.

Dear Poor Rix: Who are the fastest animals? – Track Man

Golden eagles and duck hawks can soar up to 170 mph in a dive. Personally, Poor Rix rarely frequents dives, unless I am in a party mood.

In land races, jungle cats nearly always take first place and runner-up. This infuriates the other animals.

Perhaps that's why the winner's called a "cheetah."

Poor Rix: I've decided to let my beard grow out. Which makes me wonder: Who invented razors? – Hirsute

Letting your beard grow, huh? Brave woman!

But seriously, archaeologists tell us that folks were shaving 20,000 years ago. In those times, they scraped hair off with shells and flints.

Poor Rix, who wrote the book "Words That Stick" welcomes your questions to rixquinn@charter.net.

The Best Unusual Headlines of 2006

*Something Went Wrong in Jet Crash, Expert Says (No, really?)

*Police Begin Campaign to Run Down Jaywalkers (Now that's taking things a bit far!)

*Panda Mating Fails; Veterinarian Takes Over (What a guy!)

*Miners Refuse to Work after Death (No-good-for-nothing' lazy so-and-sos!)

*Juvenile Court to Try Shooting Defendant (See if that works any better than a fair trial!)

*War Dims Hope for Peace (I can see where it might have that effect!)

*If Strike Isn't Settled Quickly, It May Last Awhile (You think?!)

*Cold Wave Linked to Temperatures (Who would have thought!)

*Red Tape Holds Up New Bridges (You mean there's something stronger than duct tape?!)

*New Study of Obesity Looks for Larger Test Group (Weren't they fat enough?!)

*Astronaut Takes Blame for Gas in Spacecraft (That's what he gets for eating those beans!)

*Hospitals are Sued by Seven Foot Doctors (Boy, are they tall!)

And the winner is....

*Typhoon Rips Through Cemetery; Hundreds Dead

Grapevine Classified

IT'S NOT SMART to do nothing when you have something negative in your life. The issue somehow affects and becomes everybody's problem.
*Getting nervous and upset.
*Feeling sick o a regular basis.
*Feeling like punching out something or someone.
*Feeling like screaming.
*Can't sleep.
*Watching television all night.
*Simply not in a happy frame of mind
*Problem making the right choices.
If you are expenencing any of these symptoms, we need to talk with you. Visitacion Valley Jobs, Educaton and Training center offers advocacy and mediaton services relating to all types of quality-of-life issues. Court-mandated programs available. Service and trust is our commitment to the community. Contact Marjorie Ann Williams, Counselor at (415) 239-2877.

GRAPEVINE DISPLAY ADVERTISING: new limited-time rates: Full Page $60; 1/2 Page $33.75; 1/4 Page $18.75; 1/8 Page $10; 1/12 Page $8; 1/16 Page $6. Generous discount for three or more insertions. Call (415) 467-9300 for more details. **Classified:** 20 words for $1. Extra line 50 cents. Ad and payment should be received by 15th of prior month at Visitacion Valley Grapevine, 50 Raymond Ave., San Francisco, CA 94134.

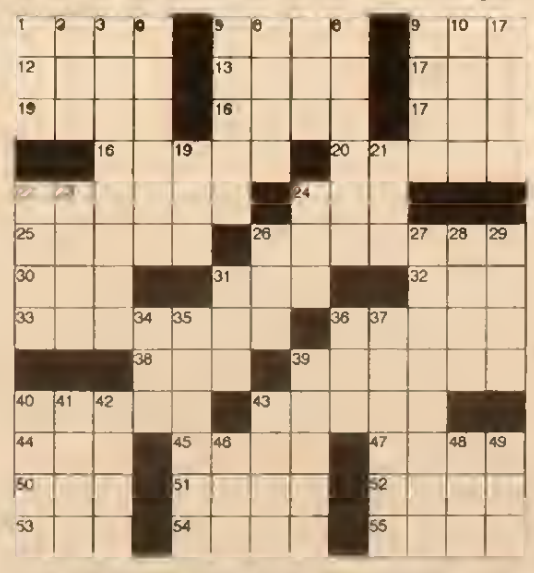
VVCC BOARD MEETINGS: Visitacion Valley Community Center (VVCC) regular monthly Board meetings, held the 4th Thursday of each month at 6 p.m., except December and May, are open to the public. Board members are selected by the members of the community center with dues currently paid, at the Annual Membership meeting held the 2nd Saturday in May each year. Any vacancies that occur on the Board due to uncompleted 3-year terms of membership are filled by appointment of the remaining Board members. At least 75% of our Board members must reside in Visitacion Valley. Persons interested in Board membership are encouraged to send a letter of interest to: Board of Directors Development Committee, Visitacion Valley Community Center, 50 Raymond Avenue, San Francisco, CA 94134. Please let the Board know what you could contribute that will enhance and improve our organization for better service to our community. You will be contacted and your letter will be submitted to the Board for consideration at either the next Annual election or of any available open positions that might occur within the coming year.

GRAPEVINE 20TH ANNIVERSARY special issue with neighborhood history still available, mailed anywhere in U.S. for $1. Send to: Visitacion Valley Grapevine, 50 Raymond Ave., San Francisco, CA 94134

VOLUNTEERS WANTED for VVCC After School Program to tutor children ages 5-14 at one of our 11 sites in the Visitacion Valley area. Interested persons contact Dee Smith, VVCC After School coordinator: (415) 585-2059.

Crossword Puzzle

Solution on Page 11



ACROSS
1 Charity
5 Ancient Gr. City
9 Sheep's cry
12 Build a ceiling
13 Burrowing animal
14 Alas
15 Pretend
16 Semitic city
17 Caucho tree
18 Same (Lat.)
20 Marsh tea
22 Tray
24 Electric reluctance unit
25 Golf club
26 Religious allegory
30 Propeller
31 Taradiddle
32 S.A. sloths
33 Coax
36 Man's servant
38 Aunt (Sp.)
39 Crush
40 Crape fern
43 Idolatrous
44 Oriental potentate
45 Eire legislature
47 Endearment
50 Circle segment
51 Noble (Ger.)
52 Yahl tribe survivor
53 Shelter
54 Manner
55 Association (abbr.)

DOWN
1 Amer. College of Physicians (abbr.)
2 Pope
3 51st Psalm
4 Unravel silk
5 Live coal
6 Earth
7 Bantu language
8 Vender
9 Plaid fabric
10 Amer. Civil Liberties Union (abbr.)
11 Throat-clearing sound
19 Ten (pef.)
21 Guido's note (2 wds.)
22 Flat-bottomed boat
23 King of Israel
24 Mortar beater
26 Turnover
27 Alopecia
28 Stead
29 Ferrara patron of the arts
31 Florida (abbr.)
34 Summer (Fr.)
35 Crown
36 Geode
37 Abbey (Sp.)
39 Hall (Fr.)
40 Afrikaans
41 Monster
42 Carplike fish
43 Variegated in color
46 Pother
48 Exclamations of delight
49 Tenth of a sen

Visitacion Valley Business Directory

Valley free listings in the 415 area code. Call the Grapevine at (415) 467-93DD.

AQUARIUM
DRAGON CITY AQUARIUM, 144 Leland Ave., 333-4598
AUTOMOTIVE
BAYSHORE AUTO, 2260 Bayshore Blvd., 467-6130
BAYSHORE SERVICE, 2596 Bayshore Blvd., 239-5239
BROTHER'S AUTO BODY, 2520 Bayshore Blvd
CHARLIE'S GARAGE, 2550 Bayshore Blvd., 239-7450
T.W AUTOMOTIVE, 2500 Bayshore Blvd., 585-8281
BANK
BANK OF AMERICA, 6 Leland Ave., 622-4501
BAKERS
LITTLE QUIAPO BAKE SHOP, 169 Leland Ave., 239-2253
BARBERS
BARBER SHOP, 3570 San Bruno Ave., 724-4398
DeMASI'S BARBER SHOP, 35 Leland Ave.
THE SHOP (JB), 160A Leland Ave., 239-6709
BEAUTICIANS
BODY, SOUL & SPIRIT, 222 Leland Ave., 333-7261
FACE, BODY & SOUL, 3582 San Bruno Ave., 467-3223
HONG KONG HAIR & NAIL BEAUTY SALON, 199 Leland Ave., 333-1005
LUCKY HAIR, 2436 Bayshore Blvd., 586-8288
MAY MAY BEAUTY SALON, 60 Leland Ave., 337-9381
MIZ RENA'S SALON, 19 Blanken Ave., 467-3399
NAILS BY JENNY, 50 Leland Ave., 333-6800
WHO'S BADD, 224 Leland Ave., 657-3156
BLIND CLEANING
SPEEDY ULTRASONIC BLIND CLEANING (commercial and residential), 1116 Girard St., 467-7506
BOARDING HOUSE
ABLE'S CASA, 850 Rutland St., 333-4664, fax 333-4693
BOOKKEEPERS
AMY ARAGON, PROFESSIONAL BOOKKEEPER, 467-8927
VERNA WALLACE E.A., 2320 Bayshore Blvd., 239-5333
CARPETS
HANSAN INTERIORS, 41 Leland Ave., 333-6382
CASKETS
CASKETORIUM, INC., 93 Leland Ave., 585-3451
CHURCHES
CHURCH OF THE VISITACION, 655 Sunnydale Ave., 239-5950
IGLESIA ELESPIRITU SANTO, 38 Leland Ave.
KOREAN FIRST PRESBYTERIAN CHURCH, 333 Tunnel Ave., 468-1213
RIDGE VIEW UNITED METHODIST CHURCH, 590 Leland Ave., 239-5457
ST. JAMES PRESBYTERIAN CHURCH, 240 Leland Ave., 586-6381
VALLEY BAPTIST CHURCH, 305 Raymond Ave., 467-6055
VISITACION CHINESE BAPTIST CHURCH, 8 Desmond St., 333-4503
COFFEE
CANDLESTICK COFFEE, 2155 Bayshore Blvd., 467-2442
HAPPY DONUT, 2600 Bayshore Blvd., 469-5309
JOE LELAND CAFE, 28 Leland Ave
CREDIT UNION
NORTHEAST COMMUNITY FEDERAL CREDIT UNION, 29 Leland Ave., 434-0738
DAY CARE
CAROUSEL DAY CARE, 261 Hahn St., 469-5353
DENTIST
VISITACION VALLEY DENTAL OFFICE (Albert Kuan, DDS), 37 Leland Ave., 239-5500
DEVELOPERS
VISITACION VALLEY COMMUNITY DEVELOPMENT CORPORATION, 1099 Sunnydale Ave., 587-7895
ELECTRICAL
TATE ELECTRIC (Joel Tate), 467-4657
FLORISTS
JOANN'S FLOWERS, 21 Leland Ave
IL FIORE FLOWERS, 2466 San Bruno Ave 468-0145
GARDEN ORNAMENTS
SILVESTRI GARDEN ORNAMENTS, 2635 Bayshore Blvd., 239-5990
GROCERS
CASA LOPEZ PRODUCE, 58 Leland Ave., 586-4745
E-Z STOP MARKET, 2203 Geneva Ave., 585-9240
FIVE MILE MARKET, 3574 San Bruno Ave., 467-7300
K.C. MARKET, 400 Wilde St., 467-3024
LA LOMA PRODUCE #2, 65 Leland Ave., 239-7520
LITTLE VILLAGE MARKET, 1450 Sunnydale Ave., 586-1815
M & M SHORTSTOP, 2145 Geneva Ave., 585-0878
PICCOLO PETE, 2155 Bayshore Blvd., 468-6800
7-11, 2200 Bayshore Blvd., 468-8646
SHUN LEE MARKET, 2400 Bayshore Blvd., 586-4851
SMITTY'S MARKET, 2610 Bayshore Blvd., 239-5506
SUPER FAIR MARKET, 201 Leland Ave., 239-6856
TEDDY'S MARKET, 298 Teddy Ave
HERBS
SAN ON HERBS, 33-A Leland Ave. 333-7469
HYPNOTHERAPY
VALERIE HABEGGER-HYPNOTHERAPY, 371 Teddy Ave., 468-5631
INSURANCE
EDIE EPPS (A.H.E. INSURANCE), 467-0236, Fax 467-0276
ROBERT LEHMAN, CLTC (Blue Cross), 333-0850
KITCHEN CABINETS
LEE CHANG INTERNATIONAL, 25 Leland Ave., 333-2730
LAUNDRY/CLEANERS
BAY WASH, 44 Leland Ave
CITY WASH, 83 Leland Ave., 333-9467
COIN WASH & DRY LAUNDRY, 166 Leland Ave
FORTY-NINER CLEANERS, 51 Leland Ave., 239-6418
LELAND AVENUE CLEANERS, 151 Leland Ave., 586-1412
VALLEY LAUNDRY, 90 Leland Ave.
VISITACION VALLEY LAUNDRY, 108 Leland Ave., 239-9030
LEARNING
3-N-1 LEARNING ACADEMY, 240 Leland Ave., 584-8555
VISITACION VALLEY COMMUNITY BEACON CENTER, 450 Raymond Ave., 452-4907
VISITACION VALLEY FAMILY SCHOOL, 325 Leland Ave., 585-9320
LIBRARY
VISITACION VALLEY BRANCH, 45 Leland Ave., 239-5270
MANUFACTURER
SEE'S CANDIES, INC., 345 Schwenn St.
MEDICAL
AMERICAN RED CROSS, BAY AREA CHAPTER, 1704 Sunnydale Ave., 584-3620
HAWKINS VILLAGE MEDICAL CLINIC (Dept of Public Health), 1099 Sunnydale Ave., Appointments 715-0310
DR. SAM HO, MD, 2858 San Bruno Ave., 337-6135
NEW CARNIVAL ACUPRESSURE HEALTH CENTER, 2458 Bayshore Blvd., 337-8100
NORTH EAST MEDICAL SERVICES, LELAND AVENUE, 82 Leland Ave., 391-9686 (ask for Leland Avenue clinic)
PORTOLA FOOT & ANKLE CLINIC (Dr Dvyang Patel) 2858 San Bruno Ave 467-7500
NOTARY
ROYAL PACIFIC MORTGAGE, 46 Leland Ave., 333-4900
ORGANIZATIONS
ASIAN PACIFIC AMERICAN COMMUNITY CENTER, 2442 Bayshore Blvd., 587-2689
GENEVA TERRACE PROPERTY OWNERS ASSOCIATION, 60 Burr Ave., 584-2700
GIRLS AFTER SCHOOL ACADEMY, 2050 Sunnydale Ave., 333 Schwenn St., 584-4044
JOHN KING SENIOR COMMUNITY, 500 Raymond Ave., 239-6233
LELAND HOUSE, 141 Leland Ave., 405-2000
ROCK (Real Options for City Kids), 590 Leland Ave., 333-4001
VISITACION VALLEY SENIOR CENTER, 66 Raymond Ave., 467-4499
PHARMACY
VISITACION VALLEY PHARMACY, 100 Leland Ave., 239-5811
PHOTOGRAPHER
WALTER CORBIN PHOTOGRAPHY (freelance), 435 Sawyer St., 587-9471, fax 337-8620
PLUMBING
MARK VOELKER PLUMBING, 99 Arleta Ave., 467-7401
POST OFFICE
VISITACION USPO, 68 Leland Ave., (800) 275-8777
REAL ESTATE
JUSTYNA P TO, (Realtor, Coldwell Banker), (650) 757-8868, Mobile (415) 830-1235, Fax (650) 246-1910
LaFLUE-WALTON & ASSOCIATES, 2428 Bayshore Blvd., 587-8683
CATHY KLINE SAUNDERS (Zephyr Real Estate), 215 West Portal Ave 731-5011 ex 163
RESTAURANTS
BAYSIDE CAFE, 2011 Bayshore Blvd., 467-2023
G & L BAKERY & RESTAURANT, 198 Leland Ave., 239-6283
HERNANDEZ TAQUERIA & BAKERY, 98 Leland Ave., 587-7721
LUAN FAT BAKERY, 110 Leland Ave., 585-1167
BLUE HAWAIIAN BBQ, 107 Leland Ave
PHO Y & G RESTAURANT, 73 Leland Ave., 469-5686
TWO JACK'S, 167 Leland Ave., 337-0433
SCULPTOR
CARTORIGINALS (Mikal Cartor), 2 Hahn St., 239-4138
SELF-DEVELOPMENT
DYNAMIC DEVELOPMENTS (Marjorie Ann Williams, CEO, Career and Self-Enhancements Specialist) 467-7608
SERVICE PROVIDERS
THE VILLAGE, 1099 Sunnydale Ave., 239-5045
VISITACION VALLEY BAPTIST CHURCH OUTREACH CENTER, 57 Leland Ave.
VISITACION VALLEY BILINGUAL EDUCATION, SUPPORTIVE SERVICES & TRAINING (VVBESST), 120 Leland Ave
VISITACION VALLEY COMMUNITY CENTER (VVCC), 50 Raymond Ave., 467-6400
VVCC FAMILY & COMMUNITY SERVICES CENTER, 161 Leland Ave., 586-6998, Fax 586-8027
VISITACION VALLEY JOBS, EDUCATION AND TRAINING (VVJET), 1099 Sunnydale Ave., 239-2866
TAVERN
THE CLUB HOUSE, 25 Blanken Ave.
TELEPHONE
D & A WIRELESS, 78 Leland Ave., 452-4139
VARIETY
GOLDEN 99 CENTS ZONE, 5-7 Leland Ave., 333-3923

Cell Phones and the "Do Not Call" Registry

As the number of phone numbers on the National Do Not Call (DNC) Registry surpassed 139 million, the Federal Trade Commission recently reiterated that despite the claims made in e-mails circulating on the Internet, consumers should not be concerned that their cell phone numbers will be released to telemarketers at any time in the near future.

In addition, according to the agency, it is not necessary to register cell phone numbers on the DNC Registry to be protected from most telemarketing calls to cell phones.

The truth about cell phones and the DNC Registry is:

*Contrary to the e-mail, cell phone numbers are not being released to telemarketers, and you will not soon be getting telemarketing calls on your cell phone.

*There is no deadline by which you must register your cell phone number on the Registry.

*Federal Communications Commission (FCC) regulations prohibit telemarketers from using automated dialers to call cell phone numbers. Automated dialers are standard in the industry, so most telemarketers are barred from calling consumers on their cell phones without their consent.

*The national associations representing telemarketers have stated that their clients do not intend to start calling consumers' cell phones.

*There is only one DNC Registry. There is no separate registry for cell phones.

*The DNC Registry accepts registrations from both cell phones and land lines. You must call from the phone number that you want to register. If you register online, you must respond to a confirmation e-mail.

*While the telecommunications industry has been discussing the possibility of creating a wireless 411 directory, according to the FCC, even if a wireless 411 directory is established, most telemarketing calls to cell phones would still be illegal, regardless of whether the number is listed on the federal government's National Do Not Call Registry.

To learn more about the National DNC Registry and the rules that enforce it, visit the FTC at www.ftc.gov or the FCC at www.fcc.gov. For more information about a planned "wireless 411" directory, visit http://www.qsent.com/wireless411.

Events in March at Valley Branch Library

Following are events in September at the Visitacion Valley Branch Library:

*Mar. 6, 13, 20 and 27, Tuesday: Baby and Toddler Storytime with stories songs and rhythms for young children ages birth-3 at 11:30 a.m.

*Mar. 6, 13, 20 and 27, Tuesday: Preschool Storytime for ages 3-5 at 10:30 a.m.

*Mar. 14, Wednesday: Preschool Videos for ages 3-5 at 10:30 a.m.

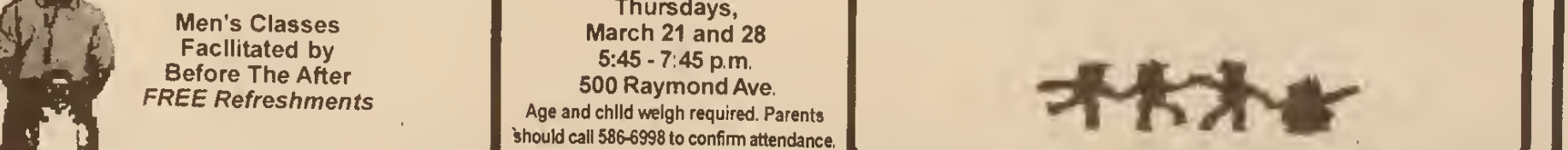
*Mar. 27: Tuesday: Puppet Art Theatre presents "The Boy Who Cried Wolf" for children of all ages at 1 p.m..

Visitacion Valley Branch Library is located at 45 Leland Ave. (at Desmond Street). Call (415) 355-2848.

Crossword Puzzle Solution

A	L	M	S	■	E	L	I	S	■	M	A	A
C	E	I	L	■	M	O	L	E	■	A	C	H
P	O	S	E	■	B	A	A	L	■	U	L	E
■	■	E	A	D	E	M	■	L	E	D	U	M
S	E	R	V	E	R	■	R	E	L	■	■	■
C	L	E	E	K	■	P	A	R	A	B	L	E
O	A	R	■	■	F	I	B	■	■	A	I	S
W	H	E	E	D	L	E	■	V	A	L	E	T
■	■	■	T	I	A	■	S	U	B	D	U	E
T	O	D	E	A	■	P	A	G	A	N	■	■
A	G	A	■	D	A	I	L	■	D	E	A	R
A	R	C	■	E	D	E	L	■	I	S	H	I
L	E	E	■	M	O	D	E	■	A	S	S	N

Visitacion Valley Family and Community Services Center



For a Better, Healthier, Safer Community for All!

We Can Help You!

Complete Immigraiton documents, assist with SF County paperwork (Medi-Cal, Welfare, etc.) , education workshops, referrals to other services

First Series of
Interacting with Your Child Through Games and Activities
Topic: Puzzle
Thursday, March 8
5:30 - 7:30 p.m.

Free dinner, books and educetional games.
Particlpants with chlldran ages 0-5 encouraged.

First Series of
Parents' Support Group
Thursday, March 15
5:30 - 7:30 p.m.
Part 1:
Parenting and Discipline

Free dinner end childcare!
Participants with children ages 0-5 encouraged.
Facilitated by Julia Carmen, *Bafore The Aftar*

Every Wednesday
March 7, 14, 21, and 28
6 - 8 p.m.

Men's Classes
Facilitated by
Before The After
FREE Refreshments

Child Passenger Safety Educational Workshop
Thursdays,
March 21 and 28
5:45 - 7:45 p.m.
500 Raymond Ave.
Age and child weigh required. Parents should call 586-6998 to confirm attendance.

March 2007 Activities
held at 161 Leland Avenue except where noted

Enhanced Information and Referral
Every Monday Through Friday
March 1 to 31
9 a.m. - 5 p.m.

Parents Committee Meeting
Friday, March 2, 5:30 - 7 p.m.

Free Food Distribution
Every Monday, 3 - 4 p.m.
March 7, 14. 21 and 28
Emergency food box available anytime.
Call (415) 586-6998, Monday-Fridey, 9 a.m.-5p.m.

Male Involvement Support Group
Thursday, March 15
5:30 - 6:30 p.m.
Particlpants with children ages 0-5 encouraged.
Please call and confirm attendance.

161 Leland Avenue, San Francisco, CA 94134
Tel: (415) 586-6998 Fax: (415) 586-8027 e-mail: meriam_vvcc@sbcglobal.net

Cathy began looking at Visitacion Valley real estate in 1949, and she's been out in front of the competition ever since.

Cathy has been the most successful REALTOR® in Visitacion Valley for more than 20 years.

She was born and raised in the Valley, and has successfully represented buyers and sellers for years. She's actively involved in neighborhood charities and community events.

For all your real estate needs, call Cathy!

Cathy Kline Saunders
Broker Associate, REALTOR®
415.731.5000 ext 163

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REAL ESTATE